



Common 1.0 Limiting Beliefs

Old software patterns to notice, understand, and update



1. WORTH / SELF

- I am not enough
- I am not worthy
- I am not lovable
- I am not important
- I don't matter
- Something is wrong with me
- I have to prove myself
- My value depends on achievement



2. SAFETY / TRUST

- I am not safe
- I can't trust others
- The world is dangerous
- Something bad is going to happen
- I have to stay in control
- If I relax, things will fall apart



3. CONNECTION / BELONGING

- I will be abandoned
- I will be rejected
- People always leave
- My needs are too much
- I have to please others to be loved
- Conflict means disconnection



4. EMOTIONS / EXPRESSION

- My feelings are too much
- I shouldn't feel this way
- I have to hide parts of myself
- Being vulnerable is unsafe
- I can't ask for help



5. SUCCESS / CAPABILITY

- I can't handle this
- I will fail
- I'm behind
- It's too late for me
- Other people are better than me
- I have to be perfect



6. RESPONSIBILITY / GUILT

- Everything is my fault
- I am responsible for everyone's feelings
- Saying no is selfish
- Rest means I'm lazy
- I need permission to choose myself

