



Module 2: True-me® Method: Class #5

DISEMPOWERING BELIEFS

You will start the session by asking your clients whether they have completed their list with _____ and _____ beliefs and done the exercise you took them through in the last session. Ask them to _____ to you what they have _____.

It is important that you get a good understanding of where your _____ are in this matter. You should not _____ the clients if they did not manage to _____ the task. However, support them to finish the work, as this is of major importance in empowering them and helping them _____ what is today a _____.

In this session, you are going to support the clients _____ disempowering beliefs into _____ ones. They need to understand that by changing the _____ of a belief, automatically the



_____ will change, thus the actions that are
_____ from it will change, and so will the _____.

Consider all the beliefs that your client has _____ down. Ensure that they have approach the exercise in a _____ way, that is, they have taken all aspects of their life (self, relationships, profession, body & health, money, fun etc.) and have noted at least _____ belief for _____ of them. If you identify that a major area is missing from your clients' list, which is important for the particular work you are doing, _____ them on it and gather all the belief they may have.

Following, ask your clients to tell you of the limiting beliefs that is most important for them – in the sense that, if it would change, the _____ of their life (or of the particular area of their life) would change. When they have chosen, go through the process below using the following questions:



QUESTIONS TO DISMANTLE DISEMPOWERING BELIEFS

1. _____ *of what you are saying, what do you want to believe?*

2. *What are you going to* _____ *when you adopt this belief?*
 - a. *What will you* _____ *emotionally?*
 - b. *What will you* _____ *in your personal relationships?*
 - c. *What will you* _____ *in relation to your family?*
 - d. *What will you* _____ *in your other social relationships?*
 - e. *What will you* _____ *in terms of your health and body?*
 - f. *What will you* _____ *professionally?*
 - g. *What will you* _____ *financially?*
 - h.

3. _____ *would you be able to* _____ *when you acquire this belief?*

4. _____ *would you* _____ *when you adopt this belief?*



When you are done working with your clients with as many beliefs as possible, ask them to read aloud to you the full list with _____ beliefs that they have now created (including those from previous session). Ask them to tell you after reading it, how do they _____. They will certainly feel more _____, and will understand the benefit of this amazing exercise.

If the clients have more _____ than the time _____ during your session with them, ask that they work on them on their own _____ and bring the results next time. Your job as a coach is to _____ that the clients know how to do this, as it is something that could keep _____ them for the rest of their lives.

THE TASK OF THE WEEK

Answer the above questions for yourself. Practice the above with a client or a colleague.