

# Biases & Limiting Beliefs

## World View

There is no such thing as neutral. We all have biases and beliefs, and they are not necessarily a bad thing. The challenge is when we don't even realize how our beliefs are affecting us. Even scientists have to look long and hard at themselves to avoid their own ideas influencing experiments. Our beliefs come from all kinds of places, how we were raised, people we look up to, books we've read, TV we've watched, friends, and family. Sometimes our beliefs are based on fact or good principles but they are distorted. For example: honor and respecting our parents is a valid principle but it can be distorted into thinking you have to bear the guilt they may throw on you, or unreasonable demands they may make.

Here are a couple more so you understand more about what we are talking about.

"No pain, no gain" That the reward is worth the struggle. While that is true, faulty logic will reverse this so that you feel to have gain you **MUST** have pain.

"No one said life was fair" yes, life is not always just but that doesn't mean you can't have what you deserve or that there is no justice at all. This can hold you back thinking effort won't pay off.

"Don't burn bridges" We should make sure of what we want before making a big change, but some times we have to make a final decision to move forward without looking back.

Another way to see if you have some limiting beliefs is listen to your own thoughts, write down any thought that has "should" "shouldn't" "must" "have to" "can't". If you need to use more paper then do so. You may wish to write a note in your phone whenever you hear a must or should or should not in your thoughts.

## My Should's and Musts and Must nots list

Not all of these will be invalid, but they are a yellow flag to at least ponder.

## My Core Beliefs and their Effect on My Life

List some of your core beliefs you think help you:

# Biases & Limiting Beliefs

List some of the beliefs you have that limited you:

What are the benefits to these beliefs?

What are the disadvantages to these beliefs?

Which of these were you conditioned to believe, that you simply took on from someone else? Do you still see that person as a good role model for health? Can you see they make not be correct in this instance?

Can you see fears you developed because of any of these?

How can you challenge these beliefs?

What are some new beliefs that would be better for your health goals?

*Note: This worksheet is not intended to take the place of your doctor, therapist, or health professional. It is for educational use only. Copyright © 2017 [www.BodyMindHealthCoach.com](http://www.BodyMindHealthCoach.com)*