

Limiting beliefs and reinterperetation handout

Limiting belief	Reinterperetation
“I messed up very badly.”	“They’ll forget about it”
“No one thinks I’m good enough.”	“I can show them that I am.”
“I hate speaking in front of people.”	“I’m talking about something I care about to a bunch of friends.”
“They won’t understand me.”	“I’ll do what it takes to facilitate understanding.”
“Why am I so nervous? I’m nervous that I’m so nervous.”	“I need this fear to stay intense and sharp.”