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My Limiting Beliefs Worksheet

Seven steps to name one belief that holds you back, check it against the evidence, and test a fairer one in real life.

01 Examples of limiting beliefs: which sound like me?

Tick any that feel true, even a little. Ticking several is normal. If yours isn't here, write it in your own words.

- [ ] If I ask for help, people will think I'm weak.
- [ ] I'm not clever enough to do that.
- [ ] If I make a mistake, people will think less of me.
- [ ] I have to be perfect or it isn't worth doing.
- [ ] If I say no, people won't like me.
- [ ] It's too late for me to change or start something new.
- [ ] People like me don't get that kind of life.
- [ ] If people really knew me, they'd leave.
- [ ] My needs matter less than other people's.
- [ ] I'm just not a confident person.
- [ ] If I show how I feel, I'll be a burden.
- [ ] Good things never last for me.

Any others I notice in myself:

02 Name the belief

Pick one and write it as plainly as you can. Many limiting beliefs can be written as 'If..., then...'. Saying it out loud in that shape makes it easier to test.

The belief, in my own words:

As an if-then rule (for example, 'If I ask for help, then people will think I'm weak'):

If that were true, what would it say about me? (the deeper belief underneath, such as 'I'm not good enough')

How strongly do I believe it right now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

03 Where did it come from?

Beliefs like this are often learned, not chosen. Looking at where yours started can show you it was a fair conclusion back then, which isn't the same as being true now.

When do I first remember feeling this way? What was happening, and who was around?

What did this belief protect me from back then?

How does it show up now? What do I do, or avoid, because of it?

04 Evidence for and against

List what you could actually show someone, not just what feels true. For each piece of evidence for the belief, look for a fact that complicates it or points the other way. Both columns count.

Evidence the belief is true Real events, not feelings	Evidence against it, or that it's not the whole story Times it didn't hold, or another explanation

If a friend held this belief about themselves, what would I point out to them?

05 A more balanced belief

Write a version that fits all the evidence, not just the half the old belief notices. It doesn't have to be glowing. 'Sometimes people help gladly, and asking is how I get things done well' beats 'Everyone loves helping me'.

My more balanced belief:

How much do I believe the new version right now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

06 A small behavioural experiment

Pick one small, low-stakes way to act as if the balanced belief were true this week, and see what really happens. If the old belief is about asking for help, ask one person for one small thing. Keep it safe and doable on an ordinary day.

My experiment (what, when, with whom):

What the old belief predicts will happen:

How strongly do I believe that prediction?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

How will I know whether the prediction came true? (what I'll look for)

07 Review: what actually happened?

Come back once you've done the experiment. Whatever happened is useful. Even if it went badly, ask whether it went as badly as the belief said it would.

What I predicted

From step 6

What actually happened

The facts, as plainly as I can

How strongly do I believe the old belief now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

How strongly do I believe the balanced belief now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

What I learned, and the next small experiment I could try:

When you're done, a moment to reflect

- What would I try this year if I didn't hold this belief?
- Whose voice does this belief sound like, and would I say it to someone I love?
- What has this belief cost me over the years, and what has it saved me from?
- When have I already acted against this belief, even once? What happened?
- What's a slightly kinder rule I'd be happy to live by instead?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/limiting-beliefs-worksheet

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.