

Intuitive Reinvention™

BREAKING DOWN NEGATIVE BELIEFS TIED TO PAIN

*For the companion podcast, listen to Episode # 214,
"When Pain Is In The Driver's Seat" tracycrossley.com/podcast/214*

Negative beliefs are at the core of pain, driving our behavior. Many of us go through life with pain in the driver's seat and don't even realize it. Identifying what beliefs are at play can help you better understand where your pain is coming from. And when you challenge those beliefs, you stop operating from a place pain. Remember, there are usually multiple beliefs operating at any one time so it's important to dig deep.

Part I: Identifying Your Negative Beliefs

Look at the list below and place a check next to the ones that resonate with you. Then circle the one that feels strongest for you right now.

I'm not good enough

I'm stupid

I'm inferior

I'm worthless

I'm insignificant

I'm always wrong

I'm unattractive

I'm useless

I'm a failure

I don't deserve anything good

There's something wrong with me

I'm invisible

I'm weird/different

I'm unlovable

I don't belong

I'm meant to be alone

People I love will eventually leave me

I'm not important

I'm helpless

I'm weak

I don't deserve wealth or success

I'm a loser

I'm unwanted

I'm shameful

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Part II: Becoming Aware Of Your Negative Beliefs

Look at your strongest negative belief—the one you circled. Then observe how it plays out in your life. Let's say you feel worthless. Maybe you want a raise at work but don't think you'll get one because you're not worthy of more money. Not being recognized and appreciated is painful, so you fly under the radar at the office or drink when you get home. Maybe you also feel unwanted, not valued or that you don't deserve success (other negative beliefs at play).

If your belief is "I'm meant to be alone," look at where that shows up. Are you in a relationship where you do all the work because you're afraid he/she will leave? Maybe you had a plan to make dinner for your partner, but they called to cancel at the last minute. Disappointment turns to painful feelings of abandonment, being unlovable or unimportance (other negative beliefs), all of which support the main belief you don't deserve a relationship.

Part III: Challenging Your Beliefs

When your behavior is driven by pain, nothing works. If you continue to play small at work because you don't believe you deserve success, you likely won't get a raise, so the belief perpetuates itself. If you lash out at your partner for being late, blaming him/her of taking you for granted, the chance for an open conversation goes out the window. In both cases can you see where the behavior is a result of the belief rather than the actual situation? There can be a number of reasons for not getting a raise or for your date cancelling; ones that have nothing to do with your worth or value.

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The only way to stop operating from this painful place is to challenge those beliefs. As hard as it is, ask for the raise. Or if that's too big of a leap, look for opportunities to shine at work instead of hiding. Express your feelings honestly to your partner by saying, "I'm disappointed because I was looking forward to seeing you. I understand you can't come, but I'm sharing my feelings. You don't have to do anything differently, but it does have an impact and I'm dealing with it." And if you're really courageous, you can share your belief that you're meant to be alone. The purpose is never to change the other person's behavior; it's to accept your flaws, be vulnerable and step into the discomfort.

Remember, discomfort is the opposite of pain, and it's how you move pain out of the driver's seat."



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