****

**TRANSFORMING LIMITING BELIEFS**

**STEP 3: The Loyal Soldier**

Now that you have identified the feeling (step 1), surfaced the story you are telling yourself (step 2). In the next step we identify how a belief or story serves us. You would not have a belief it if did not serve some useful purpose in our life. Understanding that, naming it, and seeing the function clearly is essential before moving to the final step. Reflect on these questions below.

It could be that a story that produces anxiety and threat keeps you hypervigilant and saved you from making bad choices in the past. It could be that a story about other people letting you down prevents you from ever getting your hopes up. That way you don’t feel disappointment, you have learned to expect less. These are examples of how a story could serve you. And how it may have outlived it’s purpose.

1. How does the story I am telling and the feeling it produces serving me?
2. In what ways does it no longer serve me as it once did?
3. Is it ok with you if you didn’t have that feeling in that way anymore?

If your answer to the last question is “yes.” Then it is time to discharge your “loyal soldier.” Turn within (or say out loud) and repeat these words as an intention and affirmation.

“*Thank you [NAME the belief, story, or feeling] for all the ways you have served me in the past. That was necessary and helpful for a time. Now I am giving you an honorable discharge. You have served well and your work is no longer needed at this time. I will let you know if I need you again. Thank you”*