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**TRANSFORMING LIMITING BELIEFS**

**STEP 4: A New Song**

Now that you have given permission to be free of the limiting belief, turn your attention to what new channel you could listen to. Here you are selecting a song that sounds better, a story that provides the feeling of relief. This is important. You are searching for a feeling more than anything. That feeling is still grounded in the observable facts, but now you may chose to focus on different facts. What is the next rung up on the ladder of positive emotion? Reach for that.

1. What other interpretations are possible about facts I’ve chosen to focus on in my original story?
2. What observable facts about this situation have I suppressed, ignored, or deemphasized in my storytelling?
3. Write a few sentences telling a new story, one that provides a little relief. One that feels a little better.

This process can be done much more quickly once you get the hang of it. We have slowed things way down so you can explore and feel the difference. As you practice, you’ll be able to start transforming limiting beliefs in very little time, with even less resistance.

The keys are these:

1. Learn to feel your emotions
2. Get comfortable observing your story (and even doubting it)
3. Affirm the limiting belief and how it served you
4. Care enough about how you feel to choose a story that feels better.