

The 5 Steps for Transforming Core-Negative Beliefs:

1. Discover them. 2. Recognize them. 3. Evaluate them
4. Neutralize them. 5. Transform them

Step #1: Discovering the Beliefs

If you are paying any attention at all to your Judging Self, you may have an awareness of some of them already, playing over and over inside your head every day. For those beliefs that are more deeply buried in the subconscious mind, you can infer what your subconscious beliefs are from what is showing up in your life. Life will always mirror for you what your beliefs are, no matter what they are. For example:

Observation: I don't have much of anything in my life.

Likely Belief: *"I am not deserving of, nor worthy of it."*

Also, through the Law of Attraction, you will attract people into your life who will treat you exactly in accordance with those beliefs. This helps even more in discovering what they are. Then those who will mirror your self-critical beliefs back to you as you try to deny them by projecting them onto you. (If You Spot-it-You-Got-It.)

Step #2: Recognize the Voices from the Past

Your inner critic and judging-self didn't just make these beliefs up. They came from somewhere, or more accurately, from someone. Somebody shamed you into thinking you were what you now believe about yourself. Most likely your parents.

Step #3: Evaluate the Beliefs

This step requires some honesty and some courage to face the fact that, while most of the beliefs may well be false, some of what others criticize you for, and even punish you for being, may have an element of truth about them. If that is the case, it is vital that you own them and accept them.

Step #4: Neutralize the Beliefs

The only way to neutralize core negative beliefs is to stop giving them energy. One way to do this is to turn it around to where you are able to see what was previously criticized in you in a more positive light. For example, if you were criticized for being undisciplined, perhaps it could be seen as evidence of your creative mind that likes to think laterally and outside of the box. By doing this, you take the charge out of the original criticism and thereby neutralize the shame-based belief. Now, that's the easy part. But suppose what you are being criticized for has no redeeming quality, at least nothing that you can see? Suppose you really are dishonest, mean, or cruel? Could you accept any one of those things about yourself, too? That's more difficult isn't it? Actually, it is better left to Step #5, so let's do that.

Step #5: Transform the Beliefs

The only way to fully transform these beliefs is not by trying to eliminate them or modify them, but by accepting them just the way they are. This is not the work of the ego but can only be achieved through the services of that part of our psyche known as our spiritual intelligence using the worksheets.