

8 step Core Belief Process

by Marc Allen (who says he learned it from Ken Keyes, Jr.)

I have found that this works very well and hits many levels, though it might seem a mental exercise upon first glance. Try it when you are in ze funk or having a tough time of it. Remember that doubts and fears coming up can indicate you could be making real progress! That's when the old, limiting beliefs come up for clearing ;)

- 1) What is the problem?

- 2) What are you feeling?

- 3) What are you feeling in your body?

- 4) What are your thoughts?

- 5) What is the worst case scenario, the worst thing that might result?

- 6) What is the best case scenario?

- 7) What deep belief is preventing me from getting that best case scenario? State it so simple a 5 year old could understand it.

- 8) What affirmation completely contradicts this negative belief? What affirmation could be the antidote to this belief?

- 9) And then, plaster that written affirmation everywhere in sight.

Example: I'm a fool with money vs. I am sensible and in control of my money.

Notes: Napoleon Hill: Within every adversity is an equal and opposite benefit.

Marc Allen (see this link for more details:) Within every problem is an opportunity.
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