

lifexpe™

Empowering Personal Growth Kit™

BREAK FREE FROM FALSE BELIEFS.

*“Understand these sneaky ideas holding you back.
Learn to identify them, take control of your thinking
and design your best life.”*

**For those who aspire to
improve their lives.**

**We empower them to take
action and grow.**

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LEARNING SECTION

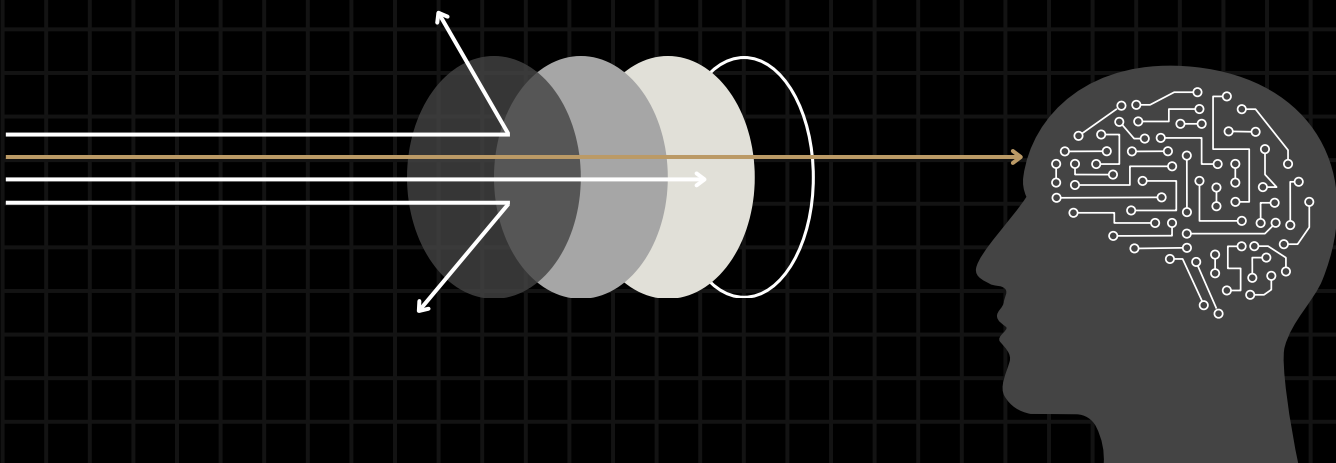
Break free from false beliefs

What are false beliefs

Imagine you're wearing glasses that change how you see the world. These glasses make you believe things that aren't true. Like thinking you'll never succeed or that you're not good enough. These false beliefs come from past experiences or what people have told you.

But why does this happen? It's because our beliefs and experiences shape how we perceive the world. They act like filters, letting in ideas we already believe and blocking out anything that goes against them. As a result, we often notice what aligns with our existing beliefs and overlook what contradicts them.

Every time we believe these false ideas, it's like adding fuel to a fire. The more we believe them, the stronger they become. False beliefs are thought circuits, our thinking patterns, reinforced over time, over and over, and ultimately become automatic thoughts we can't control. And sometimes, these false beliefs have been with us for a long time, since childhood, school, work, previous relationships in the past, or even current relationships. But recognizing them is the first step to breaking free.



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What are false beliefs

First, take a look at some examples of false beliefs:

- "I'm always to blame."
- "I'll never measure up to others."
- "I fail at everything."
- "I'll never be a good parent."
- "I'll never have a lasting relationship."
- "Nobody likes me."

These things you tell yourself aren't accurate. By believing them, they subtly influence your behavior, leading you to unconsciously act in ways that align with these false beliefs. This process is known as confirmation bias, where you seek out information or experiences that confirm your beliefs while ignoring anything that proves them wrong.

For instance, if you believe you're never good enough, you might avoid trying anything or overcompensate by trying too hard to cover your insecurities. These false beliefs can create a blind spot from reality, making it challenging to acknowledge the truth.



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What are false beliefs

Repeating false beliefs to yourself is like carving a pathway in snow when skiing. Initially, running down this path isn't a big deal, but over time, the depth of the path becomes so deep that it's difficult to navigate without great effort. The speed at which you run down this thinking pattern path increases with repetition, making it harder to recognize when you're trapped in it.



In the next section, you'll learn how to recognize when you're right in front of the gate before a high-speed run down of false beliefs, how to identify when you're in it, and how to recognize it afterward.

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How to recognize your false beliefs

Recognizing false beliefs is like shining a light on those sneaky thoughts so that you can see them for what they are: they're false but you believe the sneaky whispers in your mind. They often come in the form of negative thoughts that influence your behavior.

Recognize what you say to yourself.

What you tell yourself is a powerful indicator of underlying beliefs. Persistent self-criticism or persistent doubts often signal that you're operating under the influence of false beliefs.

Recognize avoidance patterns.

Avoidance patterns manifest when we systematically sidestep opportunities due to underlying beliefs of failure. For example, not wanting children because you had a difficult childhood, avoiding long-term relationships because you deeply fear that your partner will leave you, or avoiding social situations due to a fear of judgment highlight these false and limiting beliefs.

Recognize cover-up behaviors.

When avoidance isn't the response, some individuals may engage in extreme behaviors to compensate for underlying insecurities. These insecurities might push you to overcompensate things, resulting in extreme pressure and exhaustion. These tendencies can signal the existence of false beliefs leading you to extreme behaviors.

Now, let's address these wrong beliefs through exercises designed to challenge and replace them, guiding you toward a mindset supporting growth. Let's explore together.



FIND YOUR MOTIVATION

Your journey towards improvement begins with you.

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EXERCISE SECTION

Break free from false beliefs

Negative automatic thought. What thought or image crossed my mind?

How much do I believe this thought?

0 - Not at all Completely - 10

Thinking Error	What is it?	Valid for me?
Mind reading	Assuming I know what others are thinking about me.	Yes / No
Jumping to conclusions	Assuming I know for sure that the outcome of an event is going to be a certain way.	Yes / No
All or nothing	I think it's either all one way or another.	Yes / No
Focused on just one piece	I let my emotions about one thing overshadow all the other facts.	Yes / No
Leaving out information	Focusing on only that aspect of a situation that goes in line with my already held beliefs.	Yes / No

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EXERCISE SECTION

Break free from false beliefs

Reflecting on my thought. Where and what was I doing when I last had that thought?

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The emotions I experienced at that moment.
What were my feelings when I last had that thought?

.....

Evidence supporting the thought.
Reasons to believe the thought.

.....
.....

Evidence against the thought.
Reasons to dismiss the thought.

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Alternative thought. Considering proof for and against the automatic thought, what thought do I believe now?

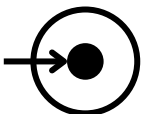

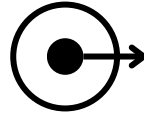
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MOTIVATING REASON SECTION

Break free from false beliefs

You're the driving force behind it all. Envision a better self and redefine what's possible—for you.	
Step 1	Describe where you are today. Reflect on what kind of person you are today.
Step 2	Envision what "better" looks like for you. What kind of person do you want to be?
Step 3	Identify actions in the intersection of who you are now and who you could be.

Where am I today? 	How do I navigate? 	What does better look like? 
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