

NLP: Rewriting the Belief That's Capping Your Ceiling

NLP Mastery House

Purpose

A belief is a generalisation — built from past experience, upbringing, and modelled others — not a fact. No belief is fixed. This handout gives you the audit that weakens a limiting belief in a single pass, live.

First, the distinction: what you say you believe (intellectual) and what your behaviour proves you believe (operational) are often different things. To surface the real one: "What would I have to believe, in order to do, think, or feel that?" If the answer isn't obvious, guess — the guess is usually right.

Listen for these words — they signal a limiting belief underneath: must, should, have to, I can't, I'm not the sort of person who, I'm no good at.

The Four-Question Audit

1. "How is this belief ridiculous?" — steps the person outside it.
2. "Who did you learn this from — and do you still want it?" — separates the belief from its origin, re-asks for consent today.
3. "What will this belief cost you — emotionally, financially, physically, spiritually?" — makes the price concrete.
4. "What will it cost the people you love, if you don't change it?" — extends the cost beyond the individual.

The aim isn't to argue the belief away — it's to make its cost visible.

Quick win – five minutes

Name one belief you've never examined. Ask yourself question 3 only. Write down what it's actually costing you.

Practice this week

Run the full four-question audit on one belief — your own or, with permission, someone else's.



"Every identity was built. Which means every identity can be rebuilt — on purpose."

— The Sentinel, DSΨ

One next action

- Run the Four-Question Audit on one limiting belief this week.

Full training in Module 7 of the NLP Practitioner course.