

One Word Change That Rewires a Belief

NLP Mastery House

What this is for

A belief said in the present tense sounds permanent. The same belief in the past tense sounds like something that happened — and can un-happen.

Loosen the grip of one limiting belief by changing nothing but its tense.

Before you start

One belief you say about yourself in the present tense.

- A belief starting with "I am...", "I always...", or "I can't..." — said in the present, as fact.
- 5 minutes, said out loud both ways

The exercise

Say each version out loud. It should sound different, not just read different.

1. Write your belief exactly as you currently say it, present tense.
2. Rewrite it in the past tense — "I was...", "I used to...", "That was true when..." — keep every other word the same.
3. Say both versions aloud, one after the other. Notice where in your body each one lands.
4. Add one sentence about what's true now that's different from when the past-tense version was true.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

What shifted between hearing it in the present versus the past?

Your one next action

Small enough that it actually happens. Before we next meet.
