

## Transforming Belief Barriers



**Robert Dilts**

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## Belief Barriers

*Belief barriers* are beliefs or assumptions that interfere with or undermine our motivation and progress toward the successful achievement of our goals and outcomes.

Limiting beliefs, or “belief barriers,” produce:

- fear about the future
- doubt and lack of confidence, and
- self-negating judgments.

*Thought viruses* are unconscious limiting beliefs.

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## Common Belief Issues

**Hopelessness** — It is not *possible* to get what I want.

**Helplessness** — I am not *capable* to get what I want.

**Worthlessness** — I do not *deserve* to get what I want.



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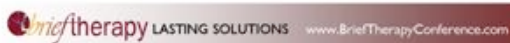
## Belief Bridges

“Belief bridges” help us to get beyond and transform limiting beliefs and belief barriers.

*Outframing* involves establishing a larger frame of reference that alters the meaning and impact of a limiting belief.

A *belief bridge* is a belief that honors the positive intention of the belief barrier and at the same time reconnects a person to a larger perspective and keeps the focus on the bigger vision.

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## Belief Bridges Transform Limiting Beliefs

**Hopelessness** → **Optimism**

**Helplessness** → **Confidence**

**Worthlessness** → **Self Esteem**



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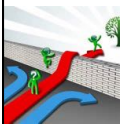
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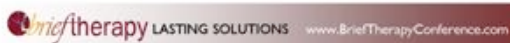
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## Belief Bridges



- Add a new or different legitimate perspective
- Expand an existing perspective
- See an old perspective from a new or different point of view

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### Building a Belief Bridge

Creating a "Belief Bridge" Can Help You to Get Around "Belief Barriers" that Stop You From Being Resourceful in Challenging Situations

The diagram illustrates the process of building a belief bridge. On the left is a red hexagon labeled 'Confidence'. A green arrow points from it to a black trapezoid labeled 'Belief Barrier'. Below the barrier is the example: "E.g., 'I am too small/inexperienced/unprepared.'" A blue curved arrow labeled 'Belief Bridge' arches over the barrier, pointing to a blue circle on the right labeled 'Challenging Situation'. Above the bridge is the text: "E.g., 'My reaching my goal will help others as well and is worth taking a stand for. Whatever amount of progress I make is worth it.'" At the bottom left is the logo for 'Brief Therapy LASTING SOLUTIONS' and the website 'www.BriefTherapyConference.com'. Copyright © 2018 by Robert Dilts.

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### Welcoming Obstacles

1. "That's interesting"
2. "I'm sure that makes sense"
3. "Something needs to be heard / held / healed"
4. "Welcome...."

A small black and white portrait of a man with a mustache, likely Robert Dilts, is positioned to the right of the list. At the bottom left is the logo for 'Brief Therapy LASTING SOLUTIONS' and the website 'www.BriefTherapyConference.com'. Copyright © 2018 by Robert Dilts.

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### The 'As If' Frame

- The 'as if' frame is process by which an individual or group acts 'as if' a particular decision or action has already been taken.
- 'As if' questions are a powerful way to help people step beyond their current mental models and to think "outside of the box."

"What would happen if you did decide/take action?"

"If you did take this particular decision/action, what would it be like?"

"If you did decide/take action, what would be the possible results?"

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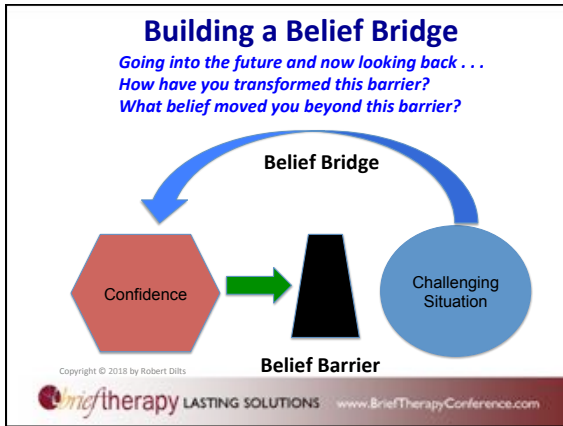
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