

Limiting Beliefs and why they matter



Limiting beliefs are deeply held thoughts or assumptions that constrain your ability to reach your full potential. These beliefs, often subconscious, create barriers by shaping how you perceive yourself, others, and the world. They are often formed during childhood due to experiences, cultural influences, or repeated messaging, and they become ingrained over time.

Examples of limiting beliefs include:

"I'm not good enough."

"I'll never succeed."

"People can't be trusted."

"It's too late for me to change."

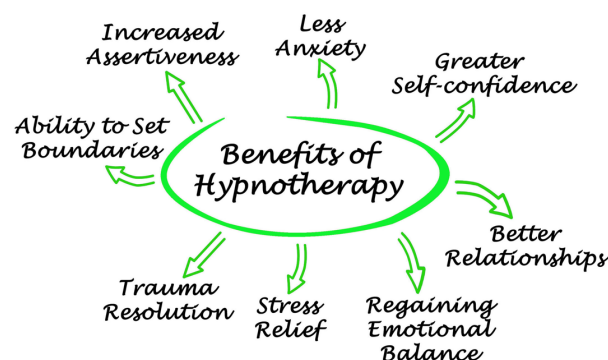
"I don't deserve happiness."



Limiting beliefs are powerful because they shape our thoughts, emotions, and behaviours and our beliefs determine what actions we take or avoid.

They act as invisible boundaries, keeping us within our comfort zone. While this might feel safe, it prevents us from exploring new possibilities, taking risks, or growing as a person.

If we believe we are not capable or deserving, we are more likely to experience self-doubt, low self-esteem, and feelings of inadequacy. These beliefs can create a cycle of negative self-perception.



Hypnotherapy doesn't just mask limiting beliefs it addresses them at their core.

By working directly with the subconscious, it helps you achieve deep, lasting transformation.