

Limiting beliefs

I am
I am.....
I am.....
I am.....

←
Try even harder to keep rule in place to avoid uncomfortable feelings
Feeling if rule is violated, e.g., anxiety, anger, guilt, shame, low

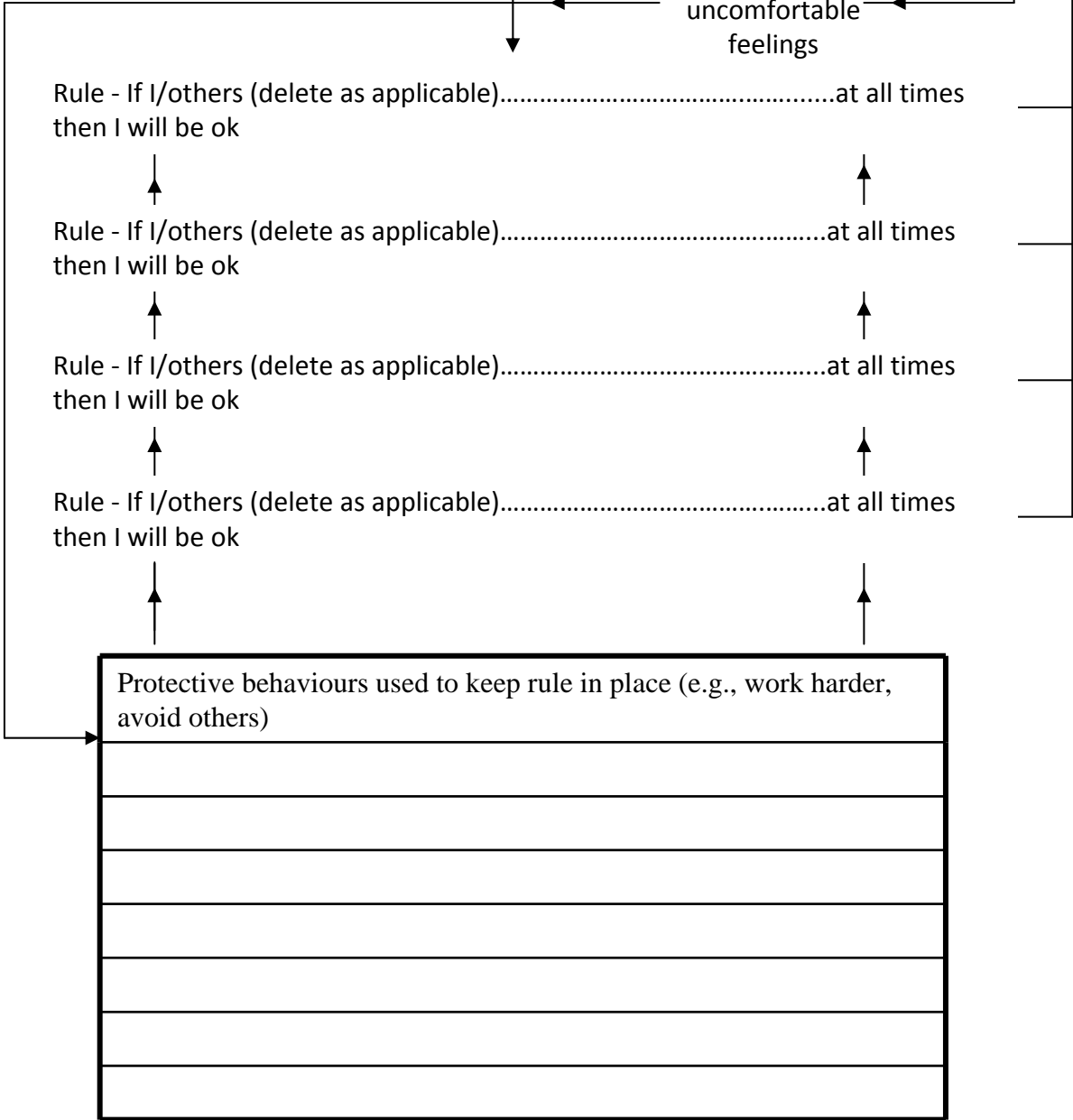


Figure 11. Cycle of limiting beliefs, rules and behaviours