# RETHINK, REFRAME, REFOCUS

## Helpful Hints and Exercises to Rethink, Reframe and Refocus Self-Limiting and Fixed Beliefs

*Effectively Rethinking, Reframing and Refocusing Self-Limiting Beliefs*

All EVENTS ARE NEUTRAL. It is, therefore, not an event that upsets us but rather the beliefs and expectations we bring to the event. These beliefs and expectations are PREFERENCES which we convert into DEMANDS and then we become upset when the world doesn't meet these demands. Changing beliefs doesn't mean we have to forego our values or preferences. Rather, we have to accept that they are simply our values and preferences and not insist that the world and everyone in it live up to these.

**Triggering Event:** What events trigger the self-limiting beliefs? It's important to identify the root cause of the beliefs that are holding you back.

**Disputing Belief:** Dispute the beliefs by asking yourself the following questions:
- Is the belief logical?
- Is the belief realistic?
- Will the belief help me reach my goals?

**Establish new Effective Belief:** The same Triggering Event and a different Belief results in a different consequence. Therefore, it is not the Event but our Beliefs that determine how we feel.
- What new beliefs need to be established to help you get you where you need to go?
- What new feeling(s) will you have with accepting the new belief?

*Effectively Rethinking, Reframing and Refocusing Fixed Beliefs*

Determine what principles you are operating by with each Fixed Belief:

- "What principles are you operating by here?"
- "What rules do you follow?"
- "What do you know about _____?"
- "What is behind that?"
- "How do you know that?"
- "Why is that?"

Fixed ideas need to be freed. Most specifically, the ideas that limit you need to be freed. They need to be "unfixed." The main ways of unfixing a fixed idea are: enumerate the ways the fixed idea has served the you, explore the consequences of using or not using the idea and put the idea in context.

**Enumerate the ways the idea serves you:**

Some questions will tend to get you to list ways the fixed idea is useful to you. If the question is not hot, try another one.

- "What has _____ helped you to accomplish?"
- "What has _____ helped you to prevent?"
- "What does _____ allow you to do?"
- "What does _____ allow you to have?"
- "What does _____ allow you to be?"
- "What is right about _____ ?"
- "What are the advantages of _____ ?"

- "How can use _____ against others?"
- "Does _____ leave others at a disadvantage?"
- "What has _____ gott en you into?"
- "What has _____ gott en you out of?"
- "What has _____ been a soluti on to?"
- "What has _____ solved?"

**Explore the consequences:**

Depending on what kind of fixed belief it is, this might be the main thing to do, or it might not apply. This is particularly useful for anything you MUST do or CAN'T do as a fixed belief. So, we will simply ask what would happen if you did do it, or if the idea was true, and what would happen if you didn't do it, or the idea wasn't true. Also, what would not happen? We are asking mainly for positive things, not stuff to complain about. What we are trying to show is that there is always something one gets and something one misses out on no matter what one chooses.

- "What would happen if you did _____?"
- "What would happen if you didn't _____?"

- "What would not happen if you did _____?"
- "What would not happen if you did not _____?"

**Put the idea in context:**

We must be able to see it in reference to other ideas and to different contexts. So, when we free it up in other ways first, we can do that.

- "What is the value of _____?"
- "What is the importance of _____?"
- "When would _____ be a good idea?"

- "When would _____ not be a good idea?"
- "What does _____ compare to?"
- "Where does _____ fit in?"

The fixed belief can turn into a fluid principle rather than a fixed generality. That might not be any sudden realization. It just isn't fixed anymore; it is one idea amongst other ideas. It might seem totally ridiculous that you ever used it, or you might still find it to be a reasonable principle.