

5 Steps to Permanently End Negative Self-Talk



By Joel Bein

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Change doesn't have to be slow.

Talk therapy, meditation, affirmations, self-help books. You've tried it all but the negative voices **still show up** all day.

The thing is those techniques rarely **get to the root** to actually "pluck" the **negative beliefs you have in your subconscious**, which **trigger** those negative thoughts (and emotions).

E.g. If you believe "Dogs are dangerous" deep down, due to an experience growing up, then each time you see a dog, you will feel fear/anxiety **subconsciously**, even if **consciously** you know you are safe.

The key is to connect to the **subconscious part** of you and **liberate** that part of you from **specific unwanted beliefs**.

The good news is there is **now innovative technology to do just that, quickly and permanently**.



Step 1

Identify the belief, and the memory of where you first learned the belief

Most of us have hundreds or thousands of negative beliefs in the subconscious (about self-worth, work ethic, money, relationships, etc.) But pick one that feels true for you. A common one is "making money is hard," so we'll use that as an example. But you can choose any belief that feels real.

Ask yourself....

When did you first learn "making money is hard"? Let your subconscious give you the first memory. Often it will come right away. Just allow it to come to you.

A few other examples of beliefs:

1. "I'm a bad person."
2. "Failure is not safe/OK."
3. "I'm not good enough."



Step 2

Suggest new interpretations of the event

Let's say the memory was when you saw mom coming home from her 9-5 job, and she was stressed and tired, and started complaining that her salary was too low. Validate that it makes sense that as a young girl/boy, you would have concluded "making money is hard" is true.

Then, suggest 2-4 new interpretations of the event. E.g., ask yourself:

Is it possible that it's not that "making money is hard" is the absolute truth about life, but rather what explains what happened is that mom had her own insecurities, fears, worries, self-esteem deficits, and unprocessed beliefs about money (which she projected out during that event). Is that a possible interpretation?"

Or, "is it possible that making money CAN be hard if you don't have any relevant skills, but that it isn't INTRINSICALLY hard? That it depends on your skillset? Is that possible?"



Step 3

Ask, did you ever ***see*** that belief?

Ask yourself, “did you ever actually SEE the belief (the literal concept) in that memory?” [No! You saw things, objects and people. You saw mom, her clothing, the furniture, etc].

Stay on this step until it “clicks” that you never actually SAW the literal concept with your eyes, i.e. a video camera would not pick up the belief itself, just the visual sense data :)

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Then ask, “if you didn’t see it, then where did this belief first occur?” [Again, stay on this step until it “clicks” that the actual belief didn’t first occur **outside** your head, but rather you **interpreted** the event to mean so. You made it up in your head. This is understandable, because it helped you through that event. But you did create it, nonetheless.]



Step 4

Imagine Your Empowered Self Talking to Your Younger Self

Now, walk yourself through a visualization....breathe, close your eyes, and connect to your True, Empowered Self....

*Imagine that in this memory, your current True, Empowered Self connected to the younger self you once were. Really send unconditional love, acceptance, and forgiveness for the situation the younger self was in, and share that you want him or her to know that he or she has the power to **choose the meaning** about what happened when mom came home from her job. And, **it is an option to simply choose no meaning at all....***

Let the young self that know his or her feelings of stress are temporary, and that they don't have to mean anything. The feelings can move through and dissipate, like clouds in the sky....

Really be present with this young self, inviting his or her empowerment to realize that mom was her own person, and that the young self does not need to take on her beliefs or her stress, and that you don't want him or her to think that "making money is hard" just because this happened.....

Now, when it feels right, open your eyes.



Step 5

Re-Test the Belief

After doing this deep work, clear the mind by saying a few random, silly, and clearly untrue sentences, e.g. “the way to be a kitten is to be a puppy.” ;)

Test the original belief, “making money is hard.”

If you did the above steps effectively, it will very likely feel empty and meaningless.

And/or, you will feel the clarity and discernment about it, recognizing that it could be true **sometimes** (making money *could* be hard, depending on the context), but it is not the automatic, permanent truth in all situations.

If the belief still feels heavy at all, re-work some of the original steps until the belief is released. Another tip to “shake the belief free” is to fully recognize that **any heavy feeling in your body associated with the belief literally has no intrinsic meaning**. It is a sensation, that is all. And the meaning you put on it is in your mind. Therefore, the feeling doesn’t mean the belief is true. :)

Once you clear the belief, it no longer filters your reality to trigger involuntary thoughts and emotions. You gain freedom and discernment over the concept.

You are free forever, like Santa isn’t real.



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No Need to Go At It Alone.

It's totally possible to learn this process on your own. But Joel Bein has run it thousands of times (he knows the nooks and crannies). He can guide you to find the most important beliefs that are blocking the life of your dreams, and full freedom. If you desire rapid inner freedom and are open to invest in yourself, then book your intro call below.

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