



50 big fat lies

Lie #1: I can't do this

Lie #2: I'm a fake.

Lie #3: No one will love me.

Lie #4: I should have known better.

Lie #5: I am not as good as...

Lie #6: If it weren't for me, nothing would get done. I am the only one who can do...

Lie #7: I'm so ashamed.

Lie #8: I am damaged.

Lie #9: It's my duty to take care of ...

Lie #10: I am not enough.

Lie #11: It's too late for me.

Lie #12: When I get _____, then I'll be happy.

Lie #13: Self-criticism motivates me to do better.

Lie #14: I'm too _____ [fat, thin, ugly, tall].

Lie #15: Taking care of myself is selfish.

Lie #16: One of these days X will see...

Lie #17: If I allow myself to celebrate, something bad will happen.

Lie #18: If I say no, people won't like me.

Lie #19: I have no control over my body and my health.

Lie #20: I don't belong here.

Lie #21: I feel overwhelmed.

Lie #22: I'm a failure.

Lie #23: If I keep racing, I'll finally catch up.

Lie #24: I'm supposed to be farther along.

Lie #25: The only way I'll ever get anywhere is with hard work.





50 big fat lies continued

Lie #26: Focusing on my problems helps me solve them.

Lie #27: Only near-death experiences serve as wake-up calls.

Lie #28: I should be over my grief by now.

Lie #29: I must have done something bad in my past life.

Lie #30: If I don't know how, I can't have it.

Lie #31: Money is the root of all evil.

Lie #32: If I only had more money, everything would be okay.

Lie #33: I'll never have enough.

Lie #34: I am one of the have-nots.

Lie #35: It's fine to spend more than I have.

Lie #36: I need another ... to complete me.

Lie #37: Being by myself means being lonely.

Lie #38: When I worry about my loved ones, it's just my way of love.

Lie #39: If you love someone, you must be willing to sacrifice.

Lie #40: It's all his/her/their fault.

Lie #41: If I forgive, it means they will get away with what they did.

Lie #42: If our relationship was meant to be, things would be easy.

Lie #43: I must control what's happening.

Lie #44: If you really loved me, you'd know exactly what I want and need.

Lie #45: I have the power to save/fix another person.

Lie #46: If I just get small enough or hide, others won't feel bad or jealous.

Lie #47: I had better be perfect.

Lie #48: They'll hate me if I ____.

Lie #49: If I become a wife or mother, I'll lose myself.

Lie #50: It is more important to be polite than to be authentic.



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Adapted from books by Christine Arylo and Amy Ahlers





Journal Prompts


1. Read through all the big fat lies.
2. Which of these do you recognise?
3. When do such thoughts get triggered?
4. What would your Inner Wisdom say to these voices/thoughts?
5. Take 4 of the lies, write them down here and then write the opposite - in the form of an empowering belief that you would LOVE to believe.

Big Fat Lie

eg. Taking care of myself is selfish -- Self-care enables me to be a kinder person.


Empowering Belief









- _____
- _____
- _____
- _____





-  _____
-  _____
-  _____
-  _____





Eliminating limiting beliefs



Our beliefs and recurring negative thoughts are not always the truth; they often stem from childhood or impactful events. While these thoughts were initially a form of self-protection (that's the role of the unconscious mind), they later hold us back.

Fortunately, we can **reprogram** these thoughts. By replacing limiting thoughts with empowering ones and we shape our reality.



If journaling exercises don't suffice, powerful tools like releasing **limiting decisions on the Time Line TM**, NLP **horseshoe belief change** process, submodalities and EFT Tapping can be employed.

In the **Personal Evolution Program**, clients usually overcome around 50 limiting decisions and 10 negative emotions. They also *realign their values* in key life areas, such as career, relationships, or health, transforming into their **authentic** selves and shedding the baggage that held them back.

