The Belief-Change Process:

1. **Uncover your current limiting belief.**
   This is usually going to be a recurrent thought you have that is in the form of either:
   - \( X = Y \) (Examples - People are bad, I am not good enough)
   - \( X \) causes \( Y \) (Example - If I leave my job then I'll be a failure)

2. **Rate the belief on a scale of 0 to 10** (0 = I don’t believe it at all; 10 = I fully believe that to be true).

3. **Recall past memories that have proven to you that this belief was true.**

4. **Keep moving backwards through time until you remember a key experience that seemed to originally have you start believing this to be true.**

5. **Once you recall the first, key experience, imagine watching it as if you’re watching a movie and see for yourself that given the circumstances any person in that same situation would have felt and thoughts the same way you did back then.**

6. **Play the “Jury of 12” game:**
   - Imagine a special jury or 12 very different people has been set up to view that key experience.
     (You can put anyone you want on that jury – Religious figures, psychologists, lawyers, loving parents, grandparents or teachers, etc.)
   - Keep having these different people offer THEIR perspectives and opinions on that situation until something “clicks” inside of you that lets you know that you made a mistake in the way you perceived that situation.

   When you do this step right, you will be able to see that same event, but now you will not feel like the thought you created back then is really true… Definitely, it is one possible opinion someone could have formed, but it is not the truth!
   - One hint: Sometimes, it can be very helpful to ask a friend of yours to help you through this step… sometimes you can be so close to your belief and past experience that you truly cannot see through it and their new and fresh perspective might be exactly what you need to “shift” you out of it!

7. **Re-rate your belief on a scale of 0 to 10**
   If your belief rates any higher than a 3 or 4, keep playing the “jury of 12” game until you can fully teach your mind the fact that, basically, you made a mistake… You let yourself make a realization because of that event (or series of events) that you believed to be absolutely true, but now you can see that if other people were to have considered that same event, they would have felt very differently!