



Pleasure and Purpose
COLLECTIVE

HITTING THE WALL

EXPLORING THE BELIEFS WHICH KEEP US
STUCK

INTRODUCTION

Your heroic journey to self-fulfilment and actualisation begins with a Call to Adventure - something catches your eye, and piques your interest.

And then - you hit the wall. Refusal and Resistance creep in.

I can't do this because [X] ... It won't work because [Y] ...

It may feel true, but it's merely a belief. Subjective information posing as fact. These deeply ingrained thoughts and perceptions that can hinder personal growth, limit opportunities, and prevent you from reaching their full potential.

They take root in many ways: past experience, mind traps, societal conditioning. As we navigate through life, these beliefs can influence our decisions, behaviour, and overall outlook on the world.

Challenging and overcoming these limiting beliefs is the vital next step in a life well lived, so in this e-book we'll explore some of the common limiting beliefs you may encounter and seek to address the factors contributing to their formation.

By recognizing and understanding them, you can begin the process of embracing your true capabilities and breaking free from the constraints that hold you back.

You'll also receive some sample Free-Writing prompts to begin the process of challenging these beliefs, and loosening their power over you.

Let's jump in!



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INADEQUACY

Stems from: Comparison, Past Failures

Mind Traps: Spotlight Effect, Halo Effect

Free-Writing Prompt:

- How can I redirect my focus from self-consciousness to valuing my unique qualities and achievements?
- What evidence can I find that shows others don't perceive my failures as prominently as I do?
- Can I identify instances where I've overcome challenges and succeeded despite self-doubt?

FEAR OF FAILURE

Stems from: Past negative experiences

Mind Traps: Hindsight Bias, Self-Serving Bias

Free-Writing Prompt:

- How can I view past failures as learning opportunities rather than inevitable mistakes?
- What specific factors, within my control, contributed to past successes despite any initial setbacks?
- Can I identify instances where failure eventually led to positive outcomes or personal growth?



FEAR OF REJECTION

Stems from: Past rejections, low self-esteem

Mind Traps: Spotlight Effect, Fundamental Attribution Error

Free-Writing Prompt:

- How can I challenge the belief that others constantly focus on my actions and shortcomings?
- Are there instances where external factors or misunderstandings may have contributed to past rejections?
- Can I think of times when I successfully connected with others, despite initial feelings of self-doubt?

FEAR OF SUCCESS

Stems from: Low self-worth, past experiences

Mind Traps: Self-Serving Bias

Free-Writing Prompt:

- How can I acknowledge my efforts and abilities as contributors to my past successes?
- Are there instances where others with similar backgrounds have achieved success, challenging the notion of inherent undeserving-ness?
- Can I identify moments where I demonstrated competence or earned recognition for my accomplishments?



FINANCIAL AVERSION

Stems from: Cultural beliefs, negative experiences

Mind Traps: Framing Effect, Mental Filter

Free-Writing Prompt:

- How can I reframe my view of money to see it as a tool for positive impact and personal growth?#
- Are there examples of individuals who have used their wealth to make a difference in the lives of others or contribute to worthy causes?
- Can I identify moments where money provided opportunities or alleviated hardships in my life?

TOO OLD/YOUNG

Stems from: Societal expectations, ageism

Mind Traps: Social Comparison Theory, All-or-Nothing Thinking

Free-Writing Prompt:

- How can I focus on my unique life journey rather than comparing myself to others of the same age?
- Are there examples of individuals who achieved remarkable success or made significant changes later in life, challenging the notion of age as a limitation?
- Can I identify instances where age has been an asset in achieving certain goals or gaining valuable experience?



FEAR OF INCOMPETENCE

Stems from: Past negative feedback

Mind Traps: Confirmation Bias, Fundamental Attribution Error

Free-Writing Prompt:

- How can I challenge the belief that my abilities are fixed and cannot be improved?
- Are there examples of individuals who initially struggled in a particular area but made significant progress through dedication and practice?
- Can I identify moments where I demonstrated intelligence or talent in different areas of my life?

CHANGE AVERSION

Stems from: Fear of the unknown, comfort zone

Mind Traps: Zeigarnik Effect, Halo Effect

Free-Writing Prompt:

- How can I reframe change as an opportunity for growth and new experiences rather than solely focusing on potential risks?
- Are there instances where embracing change led to positive outcomes or opened doors to new possibilities?
- Can I identify moments where stepping out of my comfort zone resulted in personal development or increased confidence?



PEOPLE PLEASING

Stems from: Desire for approval, fear of rejection

Mind Traps: Spotlight Effect, Self-Serving Bias

Free-Writing Prompt:

- How can I shift my focus from seeking external approval to recognizing and valuing my own intrinsic worth?
- Are there examples of situations where prioritizing my own needs and values positively impacted my life and relationships?
- Can I identify instances where seeking approval from everyone led to unnecessary stress or compromised my authenticity?

DEFINED BY PAST

Stems from: Past traumas, self-identity

Mind Traps: Barnum Effect, Hindsight Bias

Free-Writing Prompt:

- How can I use past experiences as a source of learning and resilience rather than allowing them to dictate my present and future?
- Are there instances where I demonstrated resilience or overcame challenges as a result of past traumas?
- Can I identify moments where I've experienced personal growth and positive changes, despite past adversities?



COST OF SUCCESS

Stems from: Cultural beliefs, work-life balance

Mind Traps: Paradox of Choice, Mental Filter

Free-Writing Prompt:

- How can I reevaluate my definition of success to include elements of balance and well-being?
- Are there examples of successful individuals who have achieved their goals without compromising their personal lives or values?
- Can I identify instances where hard work and dedication resulted in positive outcomes and personal growth?

EXTERNALISING HAPPINESS

Stems from: Externalization of happiness

Mind Traps: Confirmation Bias, Framing Effect

Free-Writing Prompt:

- How can I cultivate a sense of happiness and contentment in the present moment rather than postponing it for the future?
- Are there instances where I experienced joy and fulfillment despite external challenges or setbacks?
- Can I identify moments where shifting my perspective positively impacted my emotional well-being?



VICTIM COMPLEX

Stems from: Externalizing responsibility

Mind Traps: Ego Depletion, Sunk Cost Fallacy

Free-Writing Prompt:

- How can I reclaim a sense of agency and control over my life by focusing on solutions rather than problems?
- Are there examples of individuals who overcame challenging circumstances through resilience and resourcefulness?
- Can I identify moments where I successfully took control of my life and made positive changes?

PERFECTIONISM

Stems from: Fear of judgment, high standards

Mind Traps: Mental Filter, All-or-Nothing Thinking

Free-Writing Prompt:

- How can I challenge the belief that perfection is the only acceptable standard?
- Are there examples of individuals who achieved success despite imperfections and mistakes along the way?
- Can I identify moments where my efforts and progress were worthy of celebration, regardless of perfection?



MISSED CHANCES

Stems from: Fear of the unknown, time pressure

Mind Traps: Analysis Paralysis, All-or-Nothing Thinking

Free-Writing Prompt:

- How can I embrace the uncertainty of change as an opportunity for growth and new experiences?
- Are there examples of individuals who started new endeavors later in life and achieved success?
- Can I identify moments where taking small steps towards change positively impacted my life?

LACK OF TRUST

Stems from: Past betrayals, fear of vulnerability

Mind Traps: Gambler's Fallacy, Fundamental Attribution Error

Free-Writing Prompt:

- How can I differentiate between past experiences and the potential for positive, trusting relationships in the future?
- Are there examples of people who have shown trustworthiness and loyalty, challenging my belief in others' untrustworthiness?
- Can I identify moments where I successfully built trust with others and experienced positive outcomes?



LACK OF RESOURCES

Stems from: External factors, scarcity mindset

Mind Traps: Paradox of Choice, Availability Bias

Free-Writing Prompt:

- How can I reframe my perspective to focus on the abundance of opportunities and resources available to me?
- Are there examples of individuals who achieved their goals with limited resources through creative solutions and determination?
- Can I identify moments where making intentional choices with my resources positively impacted my progress?

UNLUCKY

Stems from: Attribution biases, negativity bias

Mind Traps: Gambler's Fallacy, Confirmation Bias

Free-Writing Prompt:

- How can I challenge the belief that luck plays a predominant role in my life outcomes?
- Are there instances where my efforts and preparation contributed to positive outcomes rather than pure luck?
- Can I identify moments where I felt fortunate or blessed in various aspects of my life?



OTHER'S EXPECTATIONS

Stems from: Social pressure, fear of rejection

Mind Traps: Baader-Meinhoff Phenomenon, Fundamental Attribution Error

Free-Writing Prompt:

- How can I challenge the belief that I must conform to others' expectations at the expense of my own values and desires?
- Are there examples of individuals who prioritize authenticity and still maintain healthy relationships and connections?
- Can I identify moments where expressing my true self led to positive responses from others?

FEAR OF CRITICISM

Stems from: Low self-esteem, fear of failure

Mind Traps: Ego Depletion, Spotlight Effect

Free-Writing Prompt:

- How can I cultivate a growth mindset that embraces criticism as an opportunity for learning and improvement?
- Are there instances where constructive criticism led to positive changes and growth in my personal or professional life?
- Can I identify moments where I handled criticism with resilience and self-assurance?



MATRYDOM

Stems from: People-pleasing, low self-worth

Mind Traps: Self-Serving Bias, Fundamental Attribution Error

Free-Writing Prompt:

- How can I strike a balance between caring for others and practicing self-compassion and self-care?
- Are there examples of individuals who prioritize their well-being while still showing kindness and empathy towards others?
- Can I identify moments where considering my own needs positively influenced my relationships and overall well-being?

UNWORTHINESS

Stems from: Past experiences, low self-esteem

Mind Traps: Self-Serving Bias, Mental Filter

Free-Writing Prompt:

- How can I challenge the belief that I'm unworthy of [X] from others?
- Are there examples of people in my life who genuinely care for and appreciate me, despite any perceived flaws?
- Can I identify moments where I expressed [x] and received it in return, affirming my worthiness?



STUCK IN A RUT

Stems from: Learned helplessness, lack of agency

Mind Traps: Sunk Cost Fallacy, Zeigarnik Effect

Free-Writing Prompt:

- How can I shift my mindset to view my current circumstances as opportunities for growth and change?
- Are there examples of people who overcame similar circumstances and made transformative life changes?
- Can I identify moments where I successfully navigated challenges and uncertainties, proving my ability to create positive change?

LACK OF CREATIVITY

Stems from: Comparison, self-doubt

Mind Traps: Mental Filter, Social Comparison Theory

Free-Writing Prompt:

- How can I redefine creativity to encompass a broader range of expressions beyond traditional artistic talents?
- Are there examples of individuals who started with doubts about their creativity but later found their unique creative voice?
- Can I identify moments where I expressed creativity and innovation, regardless of comparisons to others?



CONFLICT AVOIDANCE

Stems from: Past negative experiences, discomfort

Mind Traps: Zeigarnik Effect, Mental Filter

Free-Writing Prompt:

- How can I view conflict as an opportunity for growth, understanding, and problem-solving, rather than a source of fear?
- Are there examples of successful conflict resolution in my life, demonstrating the potential for positive outcomes?
- Can I identify moments where addressing conflicts led to improved relationships or personal growth?

EXTERNAL VALIDATION

Stems from: Low self-esteem, external validation

Mind Traps: Halo Effect, Framing Effect

Free-Writing Prompt:

- How can I cultivate self-acceptance and self-worth from within, regardless of others' validation?
- Are there instances where I felt proud and confident in myself, independent of external opinions?
- Can I identify moments where seeking validation from within enhanced my overall sense of well-being?



LACK OF PERSONAL AGENCY

Stems from: External circumstances, learned helplessness

Mind Traps: Spotlight Effect, Fundamental Attribution Error

Free-Writing Prompt:

- How can I shift from a victim mindset to an empowered mindset that recognizes my capacity to make choices and influence my life?
- Are there examples of individuals who faced adversity but still took control of their life and created positive changes?
- Can I identify moments where my choices and actions contributed to positive outcomes despite external challenges?

INCAPABLE OF CHANGE

Stems from: Past failures, self-doubt

Mind Traps: Cognitive Dissonance, Spotlight Effect

Free-Writing Prompt:

- How can I view change as an inherent and necessary part of personal growth and evolution?
- Are there examples of individuals who made significant changes in their lives despite initial doubts and setbacks?
- Can I identify moments where I successfully adapted to change and thrived in new circumstances?



MY OPINIONS DON'T MATTER

Stems from: Lack of self-confidence, fear of conflict

Mind Traps: Fundamental Attribution Error, Spotlight Effect

Free-Writing Prompt:

- How can I value my opinions and perspectives as unique and valuable contributions to discussions and interactions?
- Are there examples of instances where sharing my opinions positively influenced outcomes or sparked constructive conversations?
- Can I identify moments where my insights and opinions were appreciated and respected by others?

COMPARISON TO OTHERS

Stems from: Comparison, low self-esteem

Mind Traps: Halo Effect, Social Comparison Theory

Free-Writing Prompt:

- How can I celebrate my own progress and accomplishments rather than comparing myself to others?
- Are there examples of individuals who started with similar skill levels but achieved success through continuous improvement and dedication?
- Can I identify moments where I demonstrated growth and surpassed previous limitations?



MY PAST DEFINES MY FUTURE

Stems from: Attachment to the past, fatalistic thinking

Mind Traps: Hindsight Bias, Zeigarnik Effect

Free-Writing Prompt:

- How can I release attachment to the past and embrace the potential for growth and change in my future?
- Are there examples of individuals who broke free from the shackles of their past and transformed their lives?
- Can I identify moments where I used past experiences as stepping stones to create positive changes in my life?

NEED TO CONTROL

Stems from: Fear of uncertainty, desire for safety

Mind Traps: Paradox of Choice, Ego Depletion

Free-Writing Prompt:

- How can I find a balance between controlling the aspects of my life that are within my influence and accepting the uncertainty that comes with the unknown?
- Are there examples of individuals who learned to let go of excessive control and found greater peace and contentment?
- Can I identify moments where relinquishing control allowed me to experience serenity and positive outcomes?



CONCLUSION

Limiting beliefs are deeply ingrained thought patterns that can hold individuals back from reaching their full potential and living fulfilling lives. These beliefs often stem from various sources, including past negative experiences, social conditioning, and cognitive biases.

In this exploration of common limiting beliefs, we've identified their potential origins, the psychological phenomena that can influence them, and provided some free-writing prompts to help challenge and begin to overcome these self-imposed barriers.

It's essential to acknowledge that breaking free from limiting beliefs is a process that requires patience, self-compassion, and a willingness to confront our fears and doubts.

By consciously examining these beliefs and employing critical thinking, individuals can liberate themselves from self-imposed constraints and open themselves to new possibilities and personal growth.

As with any self-improvement journey, seeking support from others you trust can provide valuable guidance, accountability and encouragement. Like our community in PPC!

Overcoming limiting beliefs is a transformative process that empowers individuals to cultivate resilience, adaptability, and an unwavering belief in their capacity for positive change.

In conclusion, by recognizing and challenging these limiting beliefs, you can free yourself from these unconscious constraints and create a more empowering life story. The power to rewrite one's narrative lies within.

Time to get writing.

