



Reframe Limiting Beliefs

From automatic stories to more balanced choices.

A reflective workbook for noticing unhelpful beliefs, exploring evidence and creating compassionate alternatives.

A gentle, practical resource from Align with Sari

01 Understanding limiting beliefs

A limiting belief is an idea about yourself, other people or the world that may restrict what you feel able to try. Beliefs can develop through experience, relationships, culture and repeated self-talk. They are not always facts.

Why it can help

When you identify a belief, you create a little space between the thought and your response. This can make room for curiosity, alternative explanations and more flexible choices.

How to use this booklet

- Choose one recurring belief rather than trying to change everything.
- Write honestly and without judging your answers.
- Look for evidence both for and against the belief.
- Create a balanced replacement statement.
- Choose one small action that tests the new perspective.

02 The belief detective

Describe a recent situation in which you felt stuck, anxious, ashamed or discouraged.

The situation was...

The automatic thought or belief was...

The feeling in my body/emotions was...

What did this belief encourage me to do or avoid?

What evidence supports the belief? What evidence does not fully support it?

03 Reframe with compassion

A helpful reframe is not an unrealistic positive statement. It is a more balanced, compassionate and useful way of interpreting the situation.

Try these sentence starters

- A different way of looking at this is...
- If someone I loved had this belief, I would say...
- What I know now that I did not know before is...
- One thing that remains within my influence is...
- A small experiment I could try is...

My balanced belief

I am choosing to practise this belief:

One small action I will take:

Afterwards, I noticed...

Remember: You do not have to do this perfectly. Take what supports you, adapt what does not, and return whenever you need to.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

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