THE WORLD
PLATFORM

CHALLENGE

How to Release Negative Beliefs, A 7 Step Proven Method

Negative beliefs feel true because our brain treats them as **predictions**.

Based on past experiences, it quickly guesses what will happen (rejection, failure, loss of control) and **creates emotions** to prepare us — often before we consciously think.

These predictions don't change by arguing with them. They change when the brain sees that its prediction was wrong.

When we **take a small action** and the expected negative outcome does not happen, **the brain updates**. This is called a prediction error: reality gives the brain new data. **Repeating** this process weakens the old belief and **strengthens a new one**.

This 7 Step Proven Method repeats that cycle on purpose:
1. **Identify** (the prediction)
2. **Yours** (or inherited)?
3. **Align** (on a deeper, truer level)
4. **Reframe** (replace with a workable alternative)
5. **Act** (test through behavior)
6. **Release** (the old prediction with neutrality)
7. Repeat (for stability if the pattern reappears)

We simply train our brain with **better evidence**.

Here is the clear, ==7 Step Proven Method==:

1. Identify ==the Definition You're Holding==
   A definition is simply a belief about who you are or how life works.
   <u>Examples:</u>
   - 'I"m not good enough."
   - "People always leave."
   - "I have to struggle to deserve anything."

   To find them, notice:
   - Where you feel resistance
   - Repeating emotional triggers
   - Any statement that feels heavy or contracted when you think it

   Ask yourself:
   "What would someone have to believe to feel this way in this situation?"

2. Determine if the Definition ==Belongs to You==
   <u>Many definitions come from:</u>
   - Parents
   - Culture
   - Trauma
   - Childhood survival strategies

   Ask yourself:
   "Did I consciously choose this definition?"
   "Is this belief actually mine or did I inherit it?"

   If you did not choose it, it can be <u>released</u>.

3. Check **Alignment with Your True Core Being**

Your True Core Being expresses itself through:

- Expansion
- Curiosity
- Peace
- Authenticity
- Inspiration

A belief that is aligned with your Core Self feels:

- Light
- Supportive
- Empowering
- True in your body

A belief that is _not aligned_ feels:

- Heavy
- Contracted
- Fear-based
- Draining

Simply notice how your body _responds_. Your nervous system will tell you the _truth_.

4. **Reframe the Definition** (Replace, Don't Fight)

You do not deprogram by pushing away the old belief.

You _replace it_ with a definition that is:

- More accurate
- More aligned
- More empowering

For example:

- 🔆 Old: "I am not lovable."
- 🔆 New: "My worth is inherent and does not need to be earned."

Choose something that feels relieving, not forced.

If you find it difficult to replace the old definition, have a look at the list with Counter-Beliefs we created for you at the bottom of this 7 Step Proven Method.

5. Act from the New Definition

This step is crucial.

Beliefs lock themselves in through behaviour.

Ask yourself:

"If I truly believed my new definition, what would I do differently right now?"

Then take even a tiny action aligned with the new belief. This creates a feedback loop that rewires the subconscious.

6. Release the Old Definition with Neutrality

You don't need to fight it, shame it or kill it.

Those reactions actually reinforce it.

Instead:

- 🔆 Thank it for trying to protect you
- 🔆 Acknowledge it no longer serves you
- 🔆 Let it dissolve by withdrawing attention from it

A simple internal statement works:

"This belief is no longer needed. I now choose the definition that aligns with who I truly am."

7. Repeat if the Pattern Reappears
Old definitions often pop up again.
This does not mean you failed.
It means your system is surfacing more layers for integration.

Each time you choose the new definition, it becomes more stable.

Remember:
Every small choice you make
creates meaningful shifts in your vibration.

1. Self-Worth and Identity

Old Belief	Counter-Belief
I'm not good enough	I am growing, I'm not a finished product
I'm fundamentally flawed	I'm learning through experience
People reject the Real Me	The right people connect with my authenticity
I need to prove my value	My value is inherent, there is no need to earn it
I'm behind in life	I have my own timeline for growth
Everyone else is better than me	I'm training my skills
I don't deserve happiness	I allow myself to be happy, I don't need to earn it
I must be perfect to be accepted	I genuinely connect through imperfection
I am a failure	Failing is only feedback, it does not identify me
I'm replaceable	I am unique
I don't matter	My actions affect people around me
I'm broken	I'm adapting
I should be someone	I am becoming myself

2. Succes and Achievement

Old Belief	Counter-Belief
I have to feel motivated first	Action creates motivation
If it's hard, it's not meant for me	I'm expanding my capacity
I'm not special enough to be successful	I am consistent, therefore success unfolds naturally
I missed my chance	When I act, new chances appear
I need clarity before starting	When I start, clarity follows
I can't handle responsibility	I acquire capability
I'll embarrass myself	Experience builds competence

It's too late	The best time is now
I must know everything first	I acquire knowledge as I go along
I will try and fail and make it worse	I am moving forward with each small step
I have to make the perfect choice	I can always upgrade my choices

3. Relationships and Social Life

Old Belief	Counter-Belief
People are judging me	I value authenticity over approval
I'm awkward	Socials skills are trainable
I'm not interesting enough	Curiosity makes me interesting
People reject me	Honest feedback clarifies compatibility
Conflict ruins my relationships	Healthy conflict strengthens my connections
If someone is upset, it's my fault	I'm responsible for my actions, not for other people's emotions
I have to please everyone	When I set boundaries, I create real respect
Love must be earned	Love is available to me and freely given
When I set boundaries, people leave	when I set boundaries, the right people stay
They should know what I need	When I communicate clearly, my needs will be met

4. Money and Security

Old Belief	Counter-Belief
Money is hard to get	Money flows to value creation
Rich people are greedy	Money amplifies stewardship
I'm bad with money	Financial skills can be learned
I struggle financially	Skill-building changes my financial trajectory

I don't deserve wealth	Wealth is a tool, not a status to acquire
More money means more problems	More money means more options
I can't charge that much	Pricing reflects value
Security is the result of having a job	Security is the result of adaptability
I'll lose it all	My skills are my core asset
Wanting money is selfish	Money allows generosity

5. Body and Appearance

Old Belief	Counter-Belief
I hate my body	My body is my vehicle through life
I must look perfect	I choose health over perfection
My worth equals appearance	My worth knows many expressions
I don't feel confident	Confidence follows self-care
I am not attractive	I accept myself with respect
I'm stuck	Small steps reshape my body over time
I have flaws	Imperfections are part of being human
I can't change my habits	Habits change by shifting patterns

6. Emotions and Mental State

Old Belief	Counter-Belief
I shouldn't feel this way	My feelings contain information, they do not command me
I must control my emotions	I guide my emotions carefully
I'm so negative	I allow balanced thinking
I can't handle discomfort	Staying present expands tolerance
Overthinking protects me	Action brings clarity
I'll always feel like this	My emotions naturally move when allowed
When I rest, I'm lazy	Rest is part of productivity

7. Control, Fear and Future

Old Belief	Counter-Belief
I need to know the outcome	I only need to see the next step
If I lose control, everything collapses	Flexibility secures outcome
Something will go wrong	I will handle things as they happen
The future is scary	The future is full of possibility
I must avoid mistakes	Mistakes accelerate learning
I can't change	I am designed to adapt
My past defines me	My past informs me, it does not confine me
I wasted years	Experience compounds, it never disappears

8. Productivity and Discipline

Old Belief	Counter-Belief
I lack discipline	Discipline is trained, not inherited
I can't handle pressure	Calm increases capacity
I procrastinate	I clarify unclear tasks
I can't focus	Focus improves with practice and environment
I never finish things	I progress step-by-step
I never have enough time	I productively use the time I have
I can't get back on track	Every moment is a good restarting point
I'll never keep this up	I return to my tasks at my own pace

This material is based on publicly available research and presented in an original framework developed by **The World Platform**.