

# Plato's Razor Coaching Institute

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## The Self Talk Interrupt Process

First, identify your limiting beliefs (example: "I am too old," or "I am too fat")

- look for things that you think you know are true about you
- think of these in the context of situations that make you feel helpless, unsure, inadequate, or lacking in confidence

Second, select just one of these limiting beliefs. Find and list all the references that support it, as many as you can, list them all (use back of page if necessary)

Belief: \_\_\_\_\_

References: \_\_\_\_\_  
\_\_\_\_\_

Now, decide to believe something different. This should be the opposite view

- it may have taken all of your life to acquire your old limiting belief, so be prepared for it to take some time for the new liberating belief to cut in
- create a sentence that states your new positive belief so that it may be repeated
- your positive sentence must contain three essential components

- 1) Make them personal by using the word "I"
- 2) Make them present tense by using the word "am"
- 3) Include a positive description such as "a great dancer"

Write down three positive statements about yourself

- they do not need to be true just yet, they are statements that you would like to be true about you and could become true

Use these statements to replace the equivalent, old, limiting belief

- add references to support these new, positive and empowering beliefs

Belief: \_\_\_\_\_

References: \_\_\_\_\_

Belief: \_\_\_\_\_

References: \_\_\_\_\_

Belief: \_\_\_\_\_

References: \_\_\_\_\_

Create a mental image of yourself actually doing and enjoying this new behavior. This will gradually create your new self image. The next time that you find yourself behaving in the old (limiting) way, or even thinking in that way, you must stop that voice in your head and replace it immediately with your new sentence – even if it is not yet true. Then, see, feel, and experience the rewards of your new belief. Enjoy these rewards as if you already had them.

This is called the "self talk interrupt" process