



We help you break through
your limiting beliefs so you
can live the life you want

www.breakingtheiceberg.com 

Breaking through... low self-esteem

Welcome to Breaking the Iceberg's first newsletter. I have chosen the subject of self-esteem because how we feel about ourselves at a subconscious level greatly affects how we live our lives.

The focus of our newsletters is to share useful information, knowledge and tips to help you live the life you want – free of self-limiting beliefs.

I have taken the liberty of subscribing you to the newsletter because you are aware of the work I do. If now or at any time you don't wish to receive it you can easily unsubscribe. And I'm keen to spread the word about breaking through self-limiting beliefs so if you like what you read please feel free to pass this on to your friends or colleagues who you think may be interested. I hope you will enjoy reading the information as much as I enjoy sharing it.

Healthy self-esteem is critical to have at the subconscious level so we're not blocked from living the life we want.

Low self-confidence can really limit our lives in so many areas...but it doesn't have to be that way. The following example shows what a great difference changing limiting beliefs and breaking through low self-esteem can make to your life.

Josephine is a young person who was about to take on a new role. While the idea of the new role excited her she was also petrified about starting this new job. Her worries were way beyond the normal nervousness associated with starting a new job. All sorts of self-sabotaging beliefs were going through her mind. Would she be good enough? Would she cope? What would other people think about her? By helping Josephine break through her limiting beliefs using PSYCH-K® processes, she was a changed person. She quickly identified and changed the limiting subconscious beliefs at the core of her low self-confidence and from day one her new role went really well. After a few months in the new job she said she was "really proud of myself".

What is low self-esteem?

Self-esteem relates to how we view and think about ourselves, and the value we place upon ourselves.

People with low self-esteem often think about themselves in negative ways...I'm stupid, I'm not good enough, I'm inferior to other people, I'm useless, I'm unattractive, I'm unlovable. They treat these negative views or beliefs as truths about their identity. As a result, low self-esteem can have a negative impact on a person and their life.

Essentially, your beliefs, especially the subconscious ones, are teaching the world how to treat you. Another way of saying this is, how you view yourself influences how others view you. If you are confident and self-assured other people will tend to see you that way. However, if you are tentative and unsure of yourself others will respond accordingly with a lack of confidence in you. Consequently, if you want to change the way others behave toward you, you need to change the self-sabotaging beliefs that are causing the undesirable treatment.



How do we develop low self-esteem?

Many of our negative or limiting beliefs come from our childhood conditioning – from our parents, family, friends, teachers and other children. They are not necessarily shared as limiting beliefs, but sometimes they are intentional negative statements. They might also be in the form that indicates the child is not meeting a parent's expectations or sometimes as an absence of positives (such as not receiving enough attention, encouragement or affection).



Up until the age of seven we're like sponges because our brain is functioning in a theta state (slow frequency waves) – this is the state of hypnosis or deep meditation. In this state we accept and download pretty much everything we're told or hear into our subconscious minds.

Imagine what happens when a parent says to a five year old, “you're no good at that”, “you stupid child”, “you don't deserve things”, “you'll never amount to anything”. The statement goes into the child's subconscious mind and is likely to become a belief they live by. When parents pass on these messages to their young children, they're usually oblivious to the fact that such comments are downloaded into the subconscious memory as absolute “facts”. Once programmed into the subconscious mind these verbal labels become defined as truths that unconsciously shape the behaviour and potential of the child throughout their life.

Unfortunately for most people, 70% of the programs we accept or download from our first seven years are negative and disempowering.

As adults we continue to pick up limiting beliefs from all areas of our life. Even if we have a healthy self-esteem our confidence can be eaten away when we encounter negative experiences. For example, if bullied or intimidated at work, being in an undermining relationship, experiencing prolonged financial hardship, continuous stressful life events, traumatic events, or life-altering illnesses or injuries these can work away at our self-esteem.

(Sources: some material has been sourced from Robert Williams, *The Missing Peace in Your Life*, interviews with Bruce Lipton and WA Department of Health, *Improving Self-Esteem*)

Your thoughts create your world

Your thoughts and beliefs are the driving force behind your actions, behaviours and ultimately your life. If your beliefs are negative, life becomes a vicious cycle...a cycle that is perpetuated...until you change your beliefs.

How low self-esteem shows up

Low self-esteem can limit people's lives in a number of ways. These include:

- **Perfectionism** – which adds unreasonable stress to our lives.
- **Financial struggles** – where low self-esteem can lead people to believe they don't deserve wealth.
- **Relationships** – where a person is oversensitive to criticism or is excessively eager to please.
- **Employment** – where personal insecurity causes people to seek approval from others.

PSYCH-K® makes the world of difference

PSYCH-K is a process that helps people:

- a) identify the beliefs they wish to be true,
- b) test to see if they currently, in their subconscious mind, believe those beliefs to be true and
- c) for any of those beliefs not currently true, we do an integration technique (called a balance) that changes the belief so that now it is true.

An old belief can be quickly changed within minutes to a new-life-enhancing one.

So for Josephine who was frightened about her new job, she was able to identify the beliefs she wanted to be true. Beliefs such as:

- I am confident and self-assured
- I am the best me I can be in each moment
- I am proud of who I am.

In the testing phase, Josephine did not currently believe a number of statements she wanted to be true. And this is where PSYCH-K goes beyond aspirational statements. We did a balance that changed the beliefs Josephine wanted to now be true in her subconscious mind.

She started her new job. She found that her best was good enough. She handled the range of challenges that any new job throws up. She was both relieved and pleased that she was able to do live her life with refreshed confidence.



Some actions you can take yourself

Apart from having a PSYCH-K session to change subconscious beliefs, there are other actions you can take to help overcome low self-esteem:

- 1. Replace negative messages with positive ones:** Be aware of any negative and unloving things you say or think about yourself. When you notice these, replace them with positive and loving thoughts.
- 2. Focus on the present moment:** Be aware of the constant chatter (little voice) in your mind...it usually focuses on the past and projects into the future. This isn't who you are...stay in the present moment.
- 3. Mistakes allow us to grow:** Grant yourself permission to make mistakes. Take some time to reflect and learn from your mistakes rather than beating yourself up.
- 4. Make a note of what went well:** Regularly (for example, each night) write down things that have gone well and things you've achieved (no matter how small).
- 5. Lift your spirits with exercise:** Go for a 20-minute walk and observe your surroundings.

I hope the information has been of interest to you and please feel free to email me with any questions you may have about Breaking the Iceberg or PSYCH-K.

You are welcome to forward this newsletter to friends you think may be interested. We recommend your friends subscribe so they receive future newsletters directly. To subscribe, your friends simply go to the Resources page on our website www.breakingtheiceberg.com and enter their name and email address in the box provided.

Regards
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About Breaking the Iceberg

Breaking the Iceberg helps you change your limiting beliefs, empowering you to create the life you want.

Jude is a qualified PSYCH-K facilitator. PSYCH-K is a straightforward process that helps people to first, identify unknown subconscious beliefs that are holding them back and then second, to change those beliefs – allowing people to live the life they want.

Once identified, a limiting belief can be changed within minutes to a new life-enhancing one – even if you've had the limiting belief for a long time. The process is simple, direct and verifiable through muscle testing.

Breaking the Iceberg can help you create positive beliefs in all areas of your life, including:

- Confidence and self-esteem
- Relationships
- Work and career
- Health and wellbeing
- Wealth and finance.

Breaking the Iceberg can also help you transform or release:

- Stress from trauma – past, present or future
- Fears and phobias – for example fear of flying
- Anxiety associated with giving presentations, exams and tests
- Grief and pain from loss.

Send to a Friend

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