

How to use the Belief Buster

1. Identify a limiting belief to work on. For example, *I believe in putting other people first.*
2. Elicit the mind-body programme for the belief.
3. Then ask your client to close their eyes and enter the TAT position while listening to you saying the Belief Buster Mantras (using our example). As with other frameworks, Use each mantra 10 to 15 times if necessary and repeat until cleared, or go with muscle-testing or dowsing. Then move onto the next.

I believe in putting other people first.

I disbelieve in putting other people first.

I totally believe in putting other people first

I totally disbelieve in putting other people first.

I 100% totally utterly & completely thoroughly believe in putting other people first.

I 100% totally utterly completely & thoroughly disbelieve in putting other people first.

4. Then work on the opposite

I believe I am good enough

I disbelieve I am good enough

I 100% believe I am good enough

I 100% disbelieve I am good enough

I 100%completely utterly & completely disbelieve I am good enough

*I 100% completely utterly & thoroughly without question believe I am good enough**

Sometimes you might want to use some examples where they have been good enough in their lives, as well as opposites (when they haven't) during this framework.

*Notice we changed the last order and ended up with the positive about being good enough. It can be good to sometimes end on a positive statement that is repeated; the goal state/belief the clients wants. Doing this in the TAT position also clears resistance that may stand in the way. It's also communicating directly with the subconscious so very powerful.

The paradox version for the Belief Buster is:

Believed believable beliefs are believably believing

Disbelieved disbelievable disbeliefs are disbelieveably disbelieving.