

# Secondary Gain Benefits and Payoffs to Status Quo in Health and Life

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Often people have many reasons not to heal and change their circumstances. This is because our challenges may actually benefit us in some way, or at least subconsciously we believe deep down that they do. I know that might sound farfetched; however, this might help shed some light and bring more understanding.

We'll explore what limiting beliefs are and how they might be showing up in your life.

While doing the work to uncover these beliefs can be painful, think of yourself as a limiting beliefs detective and if you add some humor and curiosity to the process, it can actually become entertaining.

All Facilitators of PSYCH-K know how to flip limiting ideas into supportive statements using the 5 key criteria in your Basic Packet. Here are some ideas for consideration.

## How Beliefs Can Block You

Do you have a pattern of feeling worse the more you try to feel better? Have you tried everything and it feels like nothing is working? Do you begin to improve and then suddenly have a flare-up of your emotional or physical symptoms? Do you struggle with a pattern of selfsabotage, even finding it difficult to help yourself when you know you need to?

If this describes you, limiting beliefs are getting in your way of overcoming whatever your challenge is. This may be hard to swallow, but stick with this and it could be the best truth you ever entertained the possibility of.

Limiting beliefs and your subconscious mind might be blocking you from your treatment efforts and also your healing ability. One reason this happens is because, at some level, you actually have an inner conflict about healing. This type of inner conflict occurs when one part of us wants to change, but the other part (often the subconscious) does not want to change because it believes the change is not good for us. Simply put, it's a resistance to your goal, which sabotages your efforts.

Even though your conscious mind is doing everything possible to transform your situation, your subconscious mind may be holding what it thinks are very good reasons not to overcome your challenge in the form of strong limiting beliefs. Part of you may see the challenge or illness as an upside or benefit, which is better in some way than being well. This means you perceive there is a benefit to your challenge.

In the same way you unsubscribe to emails that don't feel good, create stress in your life, or have views you don't want to be connected with, you can begin changing limiting beliefs.

As you learn about limiting beliefs, the most important thing to remember is not to judge yourself for them. We make meanings from the world around us; those interpretations and perceptions are recorded by the subconscious mind and then become the beliefs or rules by which we live; often without being aware we are doing so. The problem arises when we carry these beliefs into our adulthood.

Many of the limiting beliefs that are blocking you won't make logical sense, at least at first. In fact, some could probably be categorized as shocking. You'll be discovering blocks you never thought of. This will give you the opportunity to work on things you never knew existed, taking new directions and getting results you've never gotten. The big-picture idea here is to slowly release all the subconscious reasons that your body, mind, and spirit have to not heal or change. There will probably be a lot of reasons, and that's okay. You'll get through them, one by one.

Illness or emotional challenges often arise after we've been living in a way that's not true to who we are. This would include being in a relationship we know is not healthy, "dimming our light" or softening our personality for others, or doing a job we feel is unethical or not in line with our true selves. A lot of times we are living in this way because there are limiting beliefs driving our locomotive.

Early childhood experiences are the first way we get ideas or beliefs about life and ourselves. Beliefs are not fact. Beliefs are based solely on our generalizations from the past, experiences, other people's messages about us, and the meaning we make from those experiences. Unfortunately, we don't consciously decide what we believe; which means a lot of subconscious limiting beliefs are running amok in our life.



*Until you overcome your limiting beliefs, it can often feel like you are endlessly treading in deep water, repeating the same patterns over and over again.*

## Let's explore how this works.

Say you are four years old and you draw something you are very proud of. You arrive at home excited from preschool and show your mom, who is busy trying to finish her own stuff and take care of your baby sister. She smiles and abruptly tells you to go put it away and get ready for dinner. This plays out in a few different scenarios that week because your dad is out of town for work and your mom is preoccupied with all her responsibilities. You may feel rejected and perceive that you are a terrible artist rather than understand that your mom is simply busy. You then start looking for evidence of this as you grow up. Your subconscious mind takes in that new rule you've made: I am terrible at art. Then you go through life with that perspective, directing your behavior according to that limiting belief. This experience might translate to you being closed off to your creativity, feeling ashamed to express yourself, and more. Healing is, in part, about unlearning or unbelieving anything that doesn't help you feel good. Your younger self saw things in one way, but now you're older. Unless you'd allow a four-year-old to run your life, it's probably a good idea to update your mental records (subconscious beliefs).

The subconscious mind is not critical or judgmental; it does not analyze or reason. It simply gathers data and then acts according to the conditioning, programming, instructions, and messages it receives. Thousands of these interpretations of experiences from our childhood become limiting beliefs that then become rules for our lives.

Our subconscious mind uses these rules to direct our behavior. As we keep going back to those memories, experiences, and interpretations of the past, we create new cells along those neural pathways reinforcing that **old belief and response pattern**. These harmful beliefs are one of the largest obstacles to healing. The good news is that overcoming beliefs like these can help create new, healthy patterns.

## Limiting beliefs work like this:

1. They create a tainted lens through which we start to see our lives and ourselves, skewing our perceptions.
2. This lens keeps us stuck in life-limiting thoughts and patterns.
3. Believing these limits, we continue to live within the confines of them, further fulfilling that limiting belief, which helps create our reality.
4. The limiting beliefs then create a pattern of self-sabotage.

Here's an example of this phenomenon. Jim has been married to the love of his life for ten years, but had been experiencing some anxiety and severe digestive issues. His wife was really fun, and he described her as the "life of the party," often stealing the show in any group setting. This was something he really loved about her, as he tended toward the shy side. However, during a discussion, Jim admits he became shy after an experience at a school dance when he was young, which caused him to develop certain limiting beliefs. All the other kids were in groups, and no one invited Jim to join them. He spent the entire dance hanging out around the food table alone, going to the bathroom, tying and re-tying his shoes just to look busy.

Ever since, Jim had been uncomfortable in social situations and terrified of being excluded. He felt like it was time to get back to being his true self and not being the "dud" at parties.

One limiting belief that often shows up is: "If I am my true self, it will threaten a relationship." It was discovered that Jim was linking this fear to his wife. He was actually blocked from moving past this because deep down he believed that if he was his true outgoing self, it would threaten his wife and her big personality. He believed at a subconscious level that they couldn't both be the "fun ones." He realized that he could have perceived this from his own parents' relationship, where his mom was the "talker" and his dad was the one who stood by quietly. When his dad would speak up, his mother would berate him in front of others. Whether this turned out to be an actual issue in his own marriage or not, it was extremely stressful to Jim's body to be suppressing his own personality for the sake of his wife.

Transforming the belief "If I am my true self, it will threaten my relationship with my wife," helped Jim feel much more comfortable in social situations.

An interesting side note: The digestive issues Jim was experiencing were very specific to this situation. Although the digestive system is greatly impacted by stress reactions of all kinds, Jim's digestive system was also acting up as a protection mechanism, as it prevented him from going to places where he might have to wait in line for a bathroom. This was very convenient, in a way, as it helped him avoid situations that triggered his social fears. Can you see now how closely unprocessed experiences, limiting beliefs, and physical symptoms are connected? We are just complex puzzles that need to be lovingly solved.

The subconscious mind can have programming that is making us believe that a challenge, symptom, disease, or problem is actually better for us than being free from it. Jim's fear in social situations and digestive problems were manifesting in an effort to protect his marriage.

## The Power of the Mind & Your Beliefs

It is important to understand your life and health are being heavily impacted by your beliefs.

One of the most convincing stories of the power of empowering and limiting belief comes from the story of Sam Londe, who was diagnosed with cancer of the esophagus. In 1974, this type of cancer was considered fatal. A few weeks after his diagnosis, Sam died. When the autopsy was done, it was revealed that Sam had very little cancer in his body, at least not enough to kill him. There were a few spots scattered around his body, but no cancer at all on his esophagus. Dr. Clifton Meador, his physician, stated, "I thought he had cancer. He thought he had cancer. Everyone around him thought he had cancer ... had I removed hope in some way?" In 2014, the New England Journal of Medicine published a trial showing that mimicking surgery can be as effective as the real thing. In this study, patients were candidates for knee surgery, with a torn meniscus and debilitating pain. When they arrived in the operating room, study surgeons in Finland performed either a meticulous repair of the torn cartilage or make-believe surgery. Incisions were made, and closed, with no other intervention. In case anesthetized patients could hear or understand, the doctors and nurses passed instruments making the typical sounds you'd expect, and pretended to do surgery for as long as the procedure would normally take. Patients who underwent real surgeries and patients whose surgeries were faked had equal improvement.

In Bruce Lipton's book *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*, he tells a story that demonstrates the absolute power of empowering belief. Interior designer Janis Schonfeld took part in a clinical trial to test the efficacy of an antidepressant drug. The pills relieved her thirty-year experience with depression, and the brain scans confirmed that the activity of the frontal pre-cortex of her brain was greatly enhanced. Only at the end of the trial did Janis find out she had been taking a placebo and not the real drug. **Her belief about what the drug would do for her was responsible for her improvement.**

There are endless findings now that demonstrate that our empowering or limiting beliefs actually create our reality. Dr. Lipton's groundbreaking research is perhaps one of the most awe-inspiring examples, proving that your mind will change the biology of your body according to your subconscious beliefs. Your body's chemistry looks to that dominant part of your brain for direction. Do you see why it's so essential that the beliefs you hold are good for you? Clearing harmful beliefs so you can be in total alignment with healing is your newest tool to freedom. Ready to get started?

## Determine What's Behind Your Beliefs

As you work on discovering blocks, it's recommended you keep a notebook to use as your own I-can't-believe-that's-in-my-brain journal. Jotting them down as you think of them will help you start the flow of ideas and also create a list to work from as you clear.

Limiting beliefs that block healing, due to the subconscious not being in alignment with healing, are typically built around some main concepts.

**Safety (It's unsafe to heal)** — If part of us doesn't feel safe to heal at a core level, it can act as a monster-size block. This is the limiting belief I see most often. I know this one seems illogical, as illness or emotional challenge typically makes us feel very unsafe. However, there are definitely ways that we perceive it does keep us safe, too. These types of issues often keep us out of the big, bad world and home in our safe zone, help us say no to things we otherwise might not, and more.

**Willingness (I'm unwilling to heal)** — This covers the idea that we aren't willing to do what it takes to heal, energy-wise, financially, or otherwise. This limiting belief has to do primarily with the "work" involved in healing. This is not a belief based on laziness, but often comes from being drained of gusto after a long dance with our challenge.

**Deserving (I'm undeserving of healing)** — This limiting belief is all about believing that we don't deserve to heal or be happy and that we are not worthy of it. This is often centered on our not feeling good enough.

**Readiness (I'm not ready to heal)** — Not feeling ready to heal can play a part when we feel like things would change too fast, or there is more we need to do before we are ready to get back to life.

**Ability (I'm unable to heal)** — This limiting belief is centered on believing you don't have it in you or don't have what it takes to heal; that you aren't able to heal because you don't have either the internal or the external resources to do so. This block is linked to the thought or belief that "others can heal, but I can't."

**Possibility (It's impossible to heal)** — Feeling like it's not possible to heal is a harmful belief that comes many times from the medical professionals who are trying to help you. Hearing things like you have the "most severe case" of something or that your issue is "incurable" will give ammunition to these types of beliefs. This block is built around feeling like your circumstances are just too bad.

**Wanting (I don't want to heal)** — Not wanting to heal usually results from having an upside to your challenge. Everything that we perceive as negative in our lives (such as illness) also has a positive aspect (a benefit). Sometimes, even if only at a subconscious level, the benefit we gain from the challenge prevents us from wanting to overcome the challenge.

The important thing to know here is that there may be a ton of limiting beliefs to work on. I mean, like mountains of them. Changing beliefs is a marathon, not a sprint. You can only clear as fast as the beliefs reveal themselves to you. You won't have to conquer every last one in order to heal. You just need to make a good dent in the pile.

## Narrowing Things Down to the Root Cause

Let's say you have an overarching limiting belief that it's **"unsafe to heal."** You may need to explore lots of sub-beliefs, or whys, to your one overarching belief. In other words, there may be several reasons why your body feels like it's unsafe to heal. Examples include things like *"Someone I know will be negatively affected by it," "I will have to find a new job,"* and *"I won't get as much support from Mom and Dad."* These are all common beliefs, but some could also be considered benefits or upsides to your challenge? You're always looking for both.

The following example list will open your eyes to the vast number of possible limiting beliefs that could be making it difficult to heal. Remember, they will likely fall into one of the major categories (safety, willingness, deserving, readiness, ability, possibility, or wanting), but the reasons behind them can be plentiful, and varied. Let's start with a list here so you can brainstorm from it. Also feel free to use each belief as a suggestion and change some of the words to those that would be more fitting for you. You don't have to transform all of your beliefs to heal. Everyone can find some hidden beliefs if they tried. Don't let this process overwhelm you. **Just start somewhere.**

### Here are some examples of limiting beliefs that block healing:

I'll only be loved if I'm sick.

I'll only be loved if I'm perfect.

I'm unlovable.

I am undeserving of love.

I don't matter.

I am worthless.

I always make the wrong decision.

When things start to go well, something bad happens.

If I do what I want, other people will be unhappy.

Being healthy and happy at the same time is impossible.

I need this challenge or illness to have my needs met.  
I need to be sick to feel safe.  
I deserve to be sick/unhappy because of something bad I did in the past.  
Being sick/unhappy is my punishment for doing something bad in the past.  
I'll end up alone if I heal (people only stick around because I'm sick).  
If I heal, it will just come back.  
It is unsafe to relax.  
It is unsafe to be happy.  
If I do something good for myself, someone else will be upset.  
I'll want to leave my relationship if I heal.  
I can only heal with more support.  
I'm only worthy when \_\_\_\_\_ (I'm perfect, I am doing things for others, etc.).  
I can only heal with more money.  
If I get well and still can't find a partner, I'll have no excuse.  
Healing would prove this was my fault in the first place.  
I will be too vulnerable if I heal.  
I'll have nothing to do anyway if I heal.  
There's no point to healing (I have no purpose worth healing for).

Are you starting to see that nothing is off-limits as far as limiting beliefs go? Good. That's going to be very helpful during this process.

## Key Questions to Identify Harmful Beliefs

Now that you have a good solid start, see what comes up for you when you ask yourself the following questions, which are designed to trigger ideas for limiting beliefs. If an idea pops into your mind, go with it—it means something. If an answer comes that seems ridiculous, go with it too—it's your subconscious mind trying to push clues forward to you. When a memory or belief pops up, write it down.

*Why could part of me believe I need this illness/injury/situation/challenge?*

*If I give this up, who won't be punished anymore that I think should be?*

*Who would it hurt if I got over this issue?*

*Do I feel more powerful in some ways with this problem?*

*Does letting go of this mean I am forgetting something, or forgiving someone?*

*What would I lose without this "story"? What is the downside?*

*What do I think I have to do to make this situation go away? Is there a downside to that?*

Another powerful question is, "If my brain had some crazy idea of why I shouldn't heal, what would it be?" You'd be surprised what answers might come to you.



Hopefully you now have a head full of possible limiting beliefs swirling around. The subconscious mind usually has lots of “great” (or so it thinks!) ideas on why we shouldn’t overcome our challenges.

We’re going to talk about exactly what to do with these limiting beliefs now.

## Changing Limiting Beliefs

Like most energetic imbalances, limiting beliefs can create big blocks, but they usually aren’t all that difficult to release. There are just a few parts to successful reprogramming:

**Acknowledgment.** Are you seeing a pattern here? We need to acknowledge that we have this limiting belief and that it’s not working for us anymore. Sometimes we need to acknowledge the origin of this belief—whether it be a specific event in our lives, something someone said to us, or another source.

**Trust.** Talk to your subconscious mind like a trusted, compassionate, kind companion. We need the subconscious mind to feel safe enough to relax and accept these directions to change limiting beliefs.

**Replacement.** Find a new or empowering belief you *want to install or replace for the subconscious mind to use instead*. We want to offer it another, more fulfilling option instead of leaving it void.

## Happy Exploring!



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