



The Business of Play Therapy- Breaking through Fears and Limiting Beliefs

In this video, you will learn about the primary fears that keep people stuck and how to integrate them.

Limiting Beliefs

What is a limiting belief?

Notes:

7 Primary Fears (Dr. John Demartini)

**Make sure to note which fears are primary for you*

1. Fear of not knowing enough or being smart enough

2. Fear of being social rejected

3. Fear of losing money

4. Fear of failure

5. Fear of losing time with or losing loved ones

6. Fear of Illness, Disease or Death

7. Fear of going against a moral or spiritual authority

Tackling Fears and Limiting Beliefs

A fear is an assumption that at some point in the future you will experience more loss than gain, more pain than pleasure, and more good than bad.

Notes:

Reflective Questions:

- What is something I learned that felt really significant?

- What is something I am curious about and want to understand more/what questions do I have?

To Work On:

1. Write out limiting beliefs and where you learned them from
2. Write out fears, choose at least one and do the integrating a fear process on it. *reminder that transcending a limiting belief is likely associated with a fear. When you integrate the fear, you transcend the belief 😊
3. What is one action step that I am going to do this week to work towards my dream?