



Talk Back to your Limiting Beliefs (Day 2)

Welcome back, smart language learner!

Now that you've become aware of your limiting beliefs, it's time to talk back to them.

Don't worry, this may seem like a lost cause at first, but much like any good negotiation, you'll turn the odds in your favor and give your language learning a fighting chance.

Without wasting any of your precious time, let's jump right into it.

When a negative thought comes to your mind, such as *"I'll sound stupid if I try to speak"* or *"They won't understand anything I say,"* oftentimes it's just an emotional reaction turned into an illogical conclusion.

Let's put it bluntly, it's an irrational **fear**.

Speaking of fear, we're going to use fear as an acronym for the four questions you need in order to overcome our limiting beliefs.

The next time a negative thought about language learning pops up, I want you to use **FEAR** to start talking back to it!

What does **FEAR** stand for?





1. F - Is the thought true or **FALSE**?
2. E - Can I prove that thought with **EVIDENCE**?
3. A - **AFTER** that thought, how do I feel?
4. R - How can I **REFRAME** the question in my favor?

The first question is asking whether or not this thought (or limiting belief) is *actually* true.

After that, you're going to ask that limiting belief to provide proof of such a claim.

Think of any evidence you can use to either prove or disprove the limiting belief inflicting your mind.

Then, ask yourself:

How do I *feel* and how do I *react* when that thought comes up?

Finally, I want you to reframe the limiting belief so that it's no longer part of your life.

How would the "new you" react to that?

Let's go through an example.

"I'll sound stupid if I try to speak."

Is that true or false?





“It’s true, because I can’t even string a few good words together without stuttering or pausing awkwardly to think about it”.

Do you have any evidence to prove that claim?

“When I visited Spain and I tried using my Spanish, the native speakers looked at me in confusion and even tried speaking English to me.”

How do you *feel* after such thoughts and experiences come to mind?

“I feel hopeless and vulnerable. Nobody wants to communicate with someone who can barely say three or four words.”

Ok, we’ve addressed three of the four questions.

For the final question, part of reframing it means we have to look at the limiting belief from the **opposite perspective**.

How would you feel if you didn’t have this issue?

“I would be a smart, confident speaker who doesn’t hesitate to speak with natives in my target language.”

Excellent.





Now **reframe** the limiting belief into a liberating statement that will eventually become the truth (aka a liberating truth).

“I’ll sound smart and confident when I speak to native speakers...”

Good, but now we have to add a little more to that so you can believe it wholeheartedly.

“I’ll sound smart and confident when I speak to native speakers, because I know that with the right mindset, skill set and organized effort, I’ll get to my goal.”

When you adopt this mindset instead of one that prevents you from trying something new, you’ll see just how quickly you can make progress.

In the next video you’ll see how I personally transformed three of my own limiting beliefs into liberating truths.

Andiamo!

