

### INTERNAL BLOCKS

Beliefs/attitudes that come from within you in your internal dialogue

#### Types

- G – Gremlins
- A – Assumptions
- I – Interpretations
- L – Limiting Beliefs



More personal  
and difficult  
to overcome

#### Examples:

- G – “I’m not good enough to...”
- A – “I know it won’t work because I’ve tried it before and...”
- I – “I didn’t get a raise because my boss doesn’t...”
- L – “I shouldn’t show my true feelings at work because...”

**GREMLINS:** The inner critic that tells you that you are “Not \_\_\_\_\_ enough.”

Example:

- I’m not smart/good/experienced enough.
- I am a failure.

Overcome by:

- Finding another voice of truth – How do my closest friends perceive me? What does my spirituality say about me?
- Building your identity on the truth of who you really are – How would the “true me” think about myself?

**INTERPRETATIONS:** Your personal views about a situation, including other people’s motivations and intentions.

Example:

- My boss wants to meet because I messed up.
- My co-worker didn’t say “hi” because they are angry.

Overcome by:

- Look through another’s perspective – What other ways could this be seen?
- Consider other motivations and intents – What else could be prompting their behavior?
- Disproving it – What evidence suggests that this is wrong?

**ASSUMPTIONS:** The belief that what has happened in the past will repeat itself.

Example:

- I know talking with them won’t work because I tried it before and failed.
- I’ve asked for help before and did not get it, so I am not asking again.

Overcome by:

- Considering what has changed – In what way is this situation different experiences in the past?
- Considering how I’ve changed – In what ways have I grown or changed since I experienced this in the past?

**LIMITING BELIEFS:** Beliefs that you accept about life or the world that hold you back in some way.

Example:

- Showing emotion is a sign of weakness.
- You can’t teach an old dog new tricks.

Overcome by:

- Examining it – What impact does this have on my life?
- Modifying it – How might I change this belief to be more accurate?
- Disproving it – What evidence suggests that this is wrong?