



# Welcome To The Belief Detective: The Case Of The Vanishing Belief!

*Solving the mystery of what's been holding you back*

In this playful inner investigation, you're going to crack the case of a sneaky belief that's been quietly calling the shots behind the scenes. Using the power of your imagination, memory, and your mind's inner code (known as "submodalities"), you'll uncover how this limiting belief is wired and rewire it using clues from something empowering you already believe.

This process isn't hard. In fact, it's fun and it works. By the end, you'll feel a noticeable difference.

## **Detective's Tip:**

Don't pick a lifelong struggle for your first case. Choose something that feels a little sticky, but not overwhelming. Like Jenny and the windows (remember her?), start small and simple. You're building confidence and showing your brain that change can be fast and even enjoyable.

Ready to don your detective hat?

Let's solve The Case of the Vanishing Belief...

## **Your Case File**

What's the situation that feels stuck, heavy, or hard?

Describe the specific task, action, or scenario you've been avoiding.

Example: "Calling that new client," "Writing the first blog post," "Posting a video."

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## The Feeling at Work

When you think about this task, how do you feel?

(Not what you believe, just the feeling. Maybe it's unmotivated, anxious, stuck, tired, scattered, doubtful... whatever it is, name it.)



Example: "I feel blah and avoidant," "I feel like I'll mess it up," "I feel frozen."

What feeling comes up when you think about doing this?

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Now, think about how you want to feel when you do this.

Confident? Energized? Calm? Focused? Choose a word that feels just right.



How would you like to feel when you think about this?

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## The Confident Contrast

Let's find a memory where you felt the way you want to feel. Maybe it's confident, clear, energized, or in flow. This is your "contrast memory."

We're not looking for something dramatic or life-changing. Just a moment when that feeling came naturally. Something simple works perfectly.



Example: "When I organized my closet," "When I helped a friend," "When I gave that idea in the meeting."



What were you doing in that memory?

Describe the situation or action.

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What feeling was present in that moment?

(Use the same word you chose earlier, or a new one that fits better.)

What were you thinking or believing about yourself that made everything feel possible?

Example: "I've got this," "I know what I'm doing," "I'm in the zone."

Example: Jenny felt very motivated

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### **Sensory Clue Comparison**

Your mind stores experiences using something like an internal control panel with images, sounds, sensations, and more. In this step, you'll uncover how your mind is coding the stuck feeling vs. the empowered one.

Look at each category below and answer for both experiences:



### What do you see in your mind?

Is it color or black and white?

Bright or dim?

Still or moving?

If moving, is it fast or slow?

Framed or Panoramic?

Near or far?

Big or small?

Are you in it, or observing yourself from outside?

Is it up high, in the middle, or down low?

Is it on the left, center, or right?

Is it clear or blurry?

Does it have a shape? (Round, square, triangular, rectangular?)

Is it flat or 3D?

Sensory Detail

Stuck Situation

Confident Memory

Color or B&W

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Bright or Dim

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Still or Moving

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Fast or Slow

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Framed or

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Near or Far

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Big or Small

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In or Out

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High, Mid, Down

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Left, C, Right

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Clear or Blurry

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Shape

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Flat or 3D

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## What do you hear (if anything)?

Any words, tones, or background sounds?

Sensory Detail

Stuck Situation

Confident Memory

Sounds/Voices

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Fast/Slow

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\_\_\_\_\_

Quiet/Loud

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Voice Emotion

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Near/Far

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Pitch High/Low

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Fuzzy/Clear

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Rhythm or Beat

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Regular/Irregular

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Intense/Soft

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Mono/Stereo

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## What do you feel?

Physical sensations (tightness, energy, calm, heaviness, etc.)

Where do you feel it?

How big is it?

Is it inside you or outside?

Is it still or moving?

If moving, is it fast or slow?

Does it pulse or vibrate?

Any pressure? Light or intense?

Any temperature? Cool, warm, hot?

Is it hard or soft?

Does it have a shape? What kind?

Any taste? (Sweet, sour, salty, spicy, mild?)

Any smell? (Pleasant, pungent, fruity, sweet, spicy, foul?)

Does it feel intense or gentle?

Sensory Detail	Stuck Situation	Confident Memory
Where	_____	_____
Size	_____	_____
In/Out	_____	_____
Still/Moving	_____	_____
Fast/Slow	_____	_____
Pulse/Vibrate	_____	_____
Pressure	_____	_____
Temperature	_____	_____
Hard/Soft	_____	_____
Shape	_____	_____
Taste	_____	_____
Smell	_____	_____
Energy Level	_____	_____



### Crosscheck the Clues

- Cross off anything that matches.
- Circle what's different between the two. These are your transformation keys.



**List the circled sensory elements you'll experiment with:**

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## Scene Remix

Bring the stuck scenario to mind. Now, one by one, apply the circled qualities from your confident memory. After each change, notice how you feel.



What changed when you applied the new visuals, sounds, or feelings?

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Note: If you feel worse after replacing a submodality, just change it back. It is rare, but it can happen.



**Does it feel different now? Rate your emotional response:**

- Small Shift       Medium Shift       Big Shift



## Flash Forward

If nothing changes, where will you be in 5 years? How will you feel, if nothing changes?  
What will you say to yourself, if nothing changes?

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Let yourself really go there for a moment, not to feel bad, but to gain clarity.



## ***Now imagine owning your power***

What will your life look like in 5 years from this empowered place?

How do you feel about yourself and your life? Where will you be? What do you say to yourself? Who will you become?

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Let yourself soak in that empowered vision for a minute or two.

Milk the good feelings. Let them expand in your heart, your mind, your energy.



### **Case Notes:**

Any insights, "aha"s, or new beliefs emerging?

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## Here's the real secret:

Once you crack one case, it gets easier to crack the next. When you see how this works for a small thing, you'll realize you can shift the way you feel about almost anything. Start with low-stakes mysteries, things that don't feel too emotionally loaded. Practice there. Get curious. Experiment. With each solved case, you'll grow more confident in your powers. Before long, you won't just be detecting beliefs... you'll be transforming them with flair.



## Case Closed — Or Is It?

You've just cracked the case of a limiting belief and proven that change doesn't have to be hard or heavy. With imagination, memory, and a few sensory switches, you've rewritten an old script and planted the seeds of a more empowering story. Remember: every time you shift how something feels inside, you shift what's possible outside. This is just one case file, but you now have the tools to solve many more. Keep playing, exploring, and investigating. You're not just a Belief Detective... you're becoming a Master Creator.

**This is you stepping into your power.**

**This is you reclaiming your truth.**

**And this is just the beginning...** 

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