

# Strictly Digital

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Here's a process to bring limiting beliefs into the light:

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## 1. Notice Emotional “Overreactions”

Level 6 beliefs reveal themselves in moments when your response feels **disproportionate** to the situation.

- **Example:** Someone forgets to reply to your text and you feel *abandoned* or *unworthy*.
  - **Why it matters:** The trigger is just the match — the deep belief is the gasoline.
  - **Action:** Keep a “Trigger Journal” and write:
    1. What happened
    2. How you felt (emotion + body sensation)
    3. The *story* your mind told you about it
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## 2. Track Repeating Patterns

If the same type of problem or emotional theme repeats, there's almost always a Level 6 belief underneath.

- **Example:** Constantly ending up with unreliable business partners might reveal “I can't trust anyone to show up for me.”
  - **Action:** List your last 3–5 repeating challenges, then ask:
    - What belief would *explain* why this keeps happening?
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### 3. Use the “Downward Arrow” Technique

A cognitive therapy tool that digs through surface beliefs to core ones:

- Start with a statement like: “I need to please everyone.”
  - Ask: **“If that’s true, what does that mean about me?”**
  - Repeat until you hit something like: “If I don’t please them, I’m unlovable.”
  - That final statement is often Level 6 territory.
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### 4. Listen for Language Clues

Level 6 beliefs leak into everyday speech:

- Absolutes → “I always...” / “I never...” / “That’s just how life is.”
  - Identity labels → “I’m the kind of person who...” / “I’m not someone who...”
  - Causality statements → “If I try, I’ll fail.”  
When you hear yourself say these, stop and ask: **“Who taught me that?”**
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### 5. Access Through the Body

These beliefs aren’t just mental — they’re stored in the body’s memory.

- In meditation or breathwork, scan for tightness, heaviness, or constriction when thinking about certain situations.
  - Ask your body: **“When did I first feel this?”**
  - This often pulls up an early memory that shaped the belief.
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## 6. Test with Disruption

Gently do the opposite of what the belief demands and watch your internal resistance.

- If the belief is “I’m only valuable when I’m working,” take a guilt-free day off.
  - The discomfort you feel is the belief screaming, “Danger!” — that’s your cue you’ve found it.
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## 7. Bring in a Reflective Mirror

Some Level 6 beliefs are so normal to you that only another person can see them.

- A coach, therapist, or trusted friend can point out, “You realize you always assume X about yourself?”
- Outside feedback is critical because the fish can’t see the water it’s swimming in.