

VIDEO 8: I'm Not Worthy

This topic addresses the subconscious belief systems we carry about not being worthy of love or success. We may think that we want the end-state of pain-free health or a loving understanding relationship, but there is a part of us that just doesn't believe we are good enough to deserve such 'happiness' or 'goodness' in our life.

ET part of me doesn't feel worthy of the end result I'm striving for, somehow I can love and forgive myself
ET getting over this problem is not really something I deserve, on some level, somehow I can forgive myself
ET I might not be worthy of the change I think I want, somehow I can love and forgive myself

Part of me might not feel worthy
Of getting over this problem
Part of me might not feel good enough
To get over this problem
Part of me doesn't feel deserving
Of getting over this problem
As if the end result of being pain/stress free
Is too much for me

I WANT TO BE OVER THESE FEELINGS THAT I'M NOT WORTHY OF GETTING OVER THIS PROBLEM

On some level I have the feeling
That I don't deserve pain-free
On some level I have the feeling
That I'm not worthy of stress-free
Maybe those feelings are there
To keep me from stepping out of my bounds
And getting hurt again
And somehow I can forgive myself those feelings

I WANT TO BE COMPLETELY 100% OVER THESE FEELINGS THAT I DON'T DESERVE TO GET OVER THIS PROBLEM

Maybe this problem is here as a punishment for me
A punishment that protects me
A punishment that keeps me in my comfort zone
Maybe I've served my time
Maybe my punishment is up
Maybe I've grown in my abilities and perspectives
And I can release these protective feelings
Maybe I'll be okay without those protective boundaries

I WILL BE COMPLETELY 100% OVER THESE FEELINGS THAT I'M NOT WORTHY OF BEING OVER THIS PROBLEM

For so long I've had protective feelings
That I'm not worthy of that sort of thing
But what if I no longer need that protection
What if I really AM good enough
What if I really AM deserving of that kind of happiness
What if I'm good enough for this and so much more
Somehow I can choose to see that I am SOOOO worthy
And maybe there are no limits to the Good that I deserve

This round is a great pick-me up and always feels good. Tune-in to each of your problem statements once again and see what has changed. Record the new numbers and be sure to write down any new issues/memories/etc that may have come up.