

LEFKOE METHOD - ELIMINATE BELIEFS

The Lefkoe institute, created by Morty Lefkoe, has a unique and easy process to identify and eliminate core limited beliefs instantly.

This method, is also used by psychotherapist to help their clients find the root of their limited beliefs and transform them into positive feeling and affirmations. **This tools, we on On-purpose we best combine it with EFT method.**

According to Lefkoe method, there are 3 core limited beliefs that cause us anger, pain, sadness, anxiety)

1. I am not good enough (I don't do anything right)
2. I am not worthy of love (I am worthless,I don't deserve to be treated any better, other people's wants and needs are more important than mine)
3. Mistakes and failure are bad

Behind one event, there is a meaning:

1. **Neutral event:** My Boss didn't call me back after my 3 calls.
2. Meaning: He did that because he doesn't like me
3. 'Dissolve the meaning and stop the suffering': My Boss is very busy and he will call me as soon as he has time to discuss my issue.
4. Turn the words around: He doesn't like me---> I don't like me (I don't matter, I am worthless)
5. Identify the first event that made you feel this way (from your childhood)
6. Give an different meaning to the event from your childhood

"it's not the pain that causes us suffering, its the meaning we give our pain that causes us suffering."
Buddha



Lefkoe Institute