

SAFE PROBLEMS, LIMITING BELIEFS & YOUR COMFORT ZONE

There is no resolution without confrontation,

no 'success' or change without risk

A safe problem is a problem that you allow in order to keep you in your comfort zone. It is something you have accepted, often unconsciously, as unchangeable as in some area and it stops you from having to feel the discomfort of risk, confrontation and change. It is not just an excuse, it feels and seems like your reality.

Safe problems are in some way fulfilling a human need. If they are fulfilling more than 2 of the following, then there is an addiction to this need.

The 6 human needs (Tony Robbins):

1. Uncertainty
2. Certainty
3. Love & Connection
4. Significance
5. Growth
6. Contribution

With these example's explain why they are a safe problem and what human need/s they are fulfilling:

1. I don't know what I want

2. I'm too busy to make time to do my practice

3. I'm not good enough to

Hitting a limit of a belief shows up safe problems and often creates unexpected pain physically/emotionally, obstacles come up, distractions, negative thinking, others put you down/persuade you against what you are doing, procrastination, overwhelm, depression, addiction, blame, I don't know, perfection, health problems, busy-ness, money issues.

The belief limit and the ensuing safe problem is based on a fear of something happening if you allow an expansion beyond the current belief....**What is the fear?**

1. Be aware of what is happening and acknowledge it
2. Give reassurance to yourself, your own little girl, around the underlying fear.
3. Ask what human need/s is/are this belief fulfilling? Is it really True?
4. Can you fulfill those needs in a higher way that allows for growth?

What is a limiting belief that creates a safe problem for you? (Money, health, relationships, work, happiness, family)

Is there any blame/guilt around this? Blame and guilt lower energy and block growth

What understanding and loving kindness (rather than guilt) can you bring to yourself and this belief? What is your little girl afraid of? How can you reassure her?

What human needs is this safe problem fulfilling?

How can you fulfill those in a higher way that allows for growth?

I don't know what I want! Is one of the biggest handbrakes to growth. Knowing WHAT you want isn't always as important as what you don't want. When you know what you don't want to keep happening or to attract, you can then focus on the desire of the opposite. **The attracting force is the FEELING of what you want, not the goal itself.**

What don't you want?

So now what do you want and how does it feel? Can you hold that feeling?

Getting stuck in your comfort zone

- What is your habit when moving to the edge of your comfort zone?
- Where have you gone beyond in the past and where do you avoid stretching?
- When do you run back to the comfort zone?
- What pulls you off the track of growth on a daily basis?
- What loving boundaries do you need to put in place to help keep you on track?

THE AIM IS FREEDOM NOT A NEW PRISON!!

When creating change avoid obsession, play the edge with awareness, whether you achieve the goal or not.

If self-punishment/guilt overcomes the desire for self-understanding/growth then ease off and re-evaluate.

Take up one task at a time and create a new good habit.

Turn a problem into a CAN:

“I want to meditate but I’m too busy and tired” changes to “I can create 10 minutes to meditate, so that I am more calm, effective and energised in my day”

What is an “I CAN” statement you can implement to help you overcome a safe problem?