

# LIMITING BELIEFS + NEGATIVITY BIAS: WHY YOUR BRAIN LIES TO YOU (AND HOW TO REBOOT IT)

## WHAT IS IT?

Limiting beliefs are the stories your brain creates to keep you safe, even when they hold you back. Negativity bias is your brain's ancient habit of spotting threats faster than possibilities. This session helps people understand why their brain defaults to the negative, how unhelpful stories form, and how to gently rewrite them with awareness and compassion.

## WHY IS IT IMPACTFUL?

When limiting beliefs run the show, people shrink, avoid, overthink, or self-sabotage. When negativity bias takes over, the brain becomes a worst-case-scenario machine. This session helps participants recognise their "brain gremlins," understand the science behind them, and learn practical tools to interrupt unhelpful patterns and build more supportive beliefs.

## HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Understand how limiting beliefs form and why the brain clings to them.
- ✓ Explore negativity bias and how it shapes perception, emotion, and decision-making.
- ✓ Identify their personal "brain gremlin" stories and the situations that trigger them.
- ✓ Practise separating fact from fear to reduce overwhelm and reactivity.
- ✓ Learn tiny, compassionate mindset shifts that help reboot unhelpful patterns.

## THE RESULT?

People gain the awareness and tools to challenge unhelpful stories, calm their nervous system, and choose more grounded, empowering beliefs. The outcome is clearer thinking, more confidence, and a calmer, more resilient inner world.

