



# UNBOUNDED

*Break through your limitations and step into personal freedom*

## MENTAL LIMITATIONS

### **Mental limitations include:**

- limiting beliefs
- accepting thoughts as facts
- the stories we're believing
- not questioning what's real

Most mental limitations fall into one of two categories:

**fundamentalist mindset**

**victim mindset**

# UNBOUND

## MENTAL LIMITATIONS

### #1: Fundamentalist Mindset

Fundamentalist mindset is the concept of all-or-nothing, right-or-wrong, black-or-white, have/have not, if/then thinking. There's a right way and a wrong way, so anything that is not the "right" way is wrong. There are no other possibilities. This means that if we don't know the right way, then we're failing. Anytime you feel like you're failing or you have a fear of failing, it's because you're looking at your problem from a fundamentalist mindset.

With a fundamentalist mindset, your brain will try to convince you that your problem is in the action you are taking. It will present itself as thoughts such as:

- This isn't working
- Maybe I should try something else instead
- It isn't good enough
- I'm not working hard enough
- I'm not looking/marketing in the right place
- I haven't said it the right way
- I'm charging too much
- I don't have enough experience/credentials, etc.

**You will truly believe that the problem is you, your experience, your offer, your value, your marketing, your method, etc.**

### All these thoughts come from the belief that:

- There's a right way and a wrong way
- It has to be perfect for it to work
- I have to have \_\_\_ amount of experience to be ready
- If I don't know the right way, then I'm failing
- I either have to be all in/100% certain or not do it at all



Visit [www.emilygalligancoaching.com](http://www.emilygalligancoaching.com) to learn about one-on-one life coaching and book a free session!

@EMILY GALLIGAN COACHING 2022

# UNBOUND

## MENTAL LIMITATIONS

### #1: Fundamentalist Mindset

#### **Limitation:**

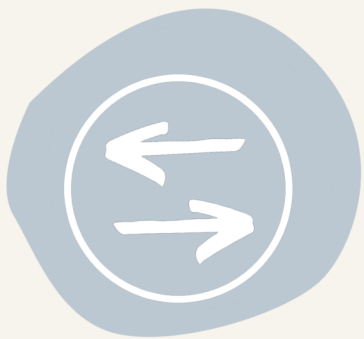
Fundamentalist mindset is non-permissive and creates perfectionism. With the right/wrong polarity to everything, there is very little room for trial and error, creative exploration and growth. Therefore, we are always trying to have it all figured out before we begin to avoid failure.

#### *Example:*

"What do you want to be when you grow up?"

The thought error this question creates is that there is one right answer. So we spend our lives trying to figure out what that one right way is - typically based on what others think is right for us, how we will be perceived, or what we think will lead us to success. The result is that we don't try all the possibilities based on what interests and excites us. This is why so many of us have spent years in a career that we didn't love - because we believed that this was the right way to be successful.

What might happen if you chose to spend more time pursuing your interests instead? What might you learn about yourself?



#### **Fundamentalist Mindset shows up in relationships as:**

- If I'm right, then you're wrong
- Only one person gets to \_\_\_\_\_
- You should know \_\_\_\_\_, and do \_\_\_\_\_
- If I could just be \_\_\_\_\_, then I would feel \_\_\_\_\_
- If this person could just \_\_\_\_\_, then we would be able to \_\_\_\_\_\*
- It has to be this way or else it isn't working
- If I don't feel \_\_\_\_\_, than this isn't a good relationship\*

*\* also falls under victim mindset*

Visit [www.emilygalligancoaching.com](http://www.emilygalligancoaching.com) to learn about one-on-one life coaching and book a free session!

©EMILY GALLIGAN COACHING 2022

# UNBOUND

## MENTAL LIMITATIONS

### #2: Victim Mindset

Victim mindset is when we look at all of our external circumstances and believe that we have no power to change them. We blame all of our problems on our circumstances - our job, other people, where we live, etc., and we don't believe we have the power to change them. We get stuck in the pattern of not meeting our own needs and then not having our needs met. We talk about our problems as facts that we can do nothing about. We assume powerlessness and don't tap into our inner, creative resources to problem-solve.

*\* If you have experienced a trauma where you have been a victim, that is completely separate from victim mindset. I hope that you find the tools, resources and the support to process that.*

With victim mindset, your brain will try to convince you that your problem is outside of you. It will present itself as thoughts such as:

- That's just how it is
- Things will never change
- I'm just not \_\_\_ enough (good enough, smart enough, lovable enough, etc.)
- Other people can \_\_\_ because they have (something I don't)
- Nobody helps me/cares/supports me/wants what I have to offer (puts the power on others)

**You will truly believe that the problem is outside of you (your boss, your coworkers, your spouse, your finances, etc.)**

**All these thoughts come from the belief that:**

- You have no control/power over things
- You are helpless
- You are different from others (your struggles are real, others have it easier)



Visit [www.emilygalligancoaching.com](http://www.emilygalligancoaching.com) to learn about one-on-one life coaching and book a free session!

@EMILY GALLIGAN COACHING 2022

# UNBOUND

## MENTAL LIMITATIONS

### #1: Victim Mindset

#### **Limitation:**

Victim mindset is a feeling of helplessness with a belief that it will never change. It creates feelings of self-pity, defeat, disappointment and failure. When our external circumstances and people are to blame for our limitations, we don't assume any power over our lives. Therefore, we are always blaming others, trying to change people, or giving up/quitting. **The limitation is the belief that if the problem exists outside of ourselves, then so does the solution.**

#### *Example:*

"Why does this always happen to me?"

The thought error this question creates is that things are happening to us, rather than seeing how we have created our circumstances. If we really look at our situation, we can see that we entered into these contracts (relationships, jobs, etc.) willingly and often without boundaries. By not putting our needs first, we have allowed others' needs to take priority, which takes away our power to choose for ourselves. This is how we create a life that feels like our needs/wants are not valued and others have it easier than we do.

What might happen if you put yourself first? How might creating more boundaries, practicing saying no, or taking on fewer commitments make you feel more empowered?



**The key to shifting out of victim mindset is to take responsibility.**

When you are feeling negative emotions, stop and get centered. Ask yourself what choice you have in the situation. What are your needs right now? How can you advocate for or meet your own needs?

Visit [www.emilygalligancoaching.com](http://www.emilygalligancoaching.com) to learn about one-on-one life coaching and book a free session!

©EMILY GALLIGAN COACHING 2022