



Recover from Life | Tools & Stories

# The Power of Limiting Beliefs

Limiting beliefs are quiet stories about who you are and what you deserve. They were often formed in childhood to keep you safe.



Michael Cucchiara





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They shape your responses,  
reinforcing habits beneath  
conscious thought.



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Even when you know what to do, your brain still clings to what feels familiar. This can keep you stuck in patterns that no longer serve you.



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Instead of thinking:

*“I can’t change because this  
is just who I am...”*



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Try asking yourself:

*“What if this belief once  
helped me survive, but now  
I’m ready to let it go?”*



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Awareness is the first step.

You deserve to rewrite  
these stories with care and  
kindness.



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✨ Want more tools like this?  
Check out the rest of the resources  
under “Feeling Stuck.”

☁ Want to work with me?

We can explore your habits,  
patterns, and limiting beliefs  
together, noticing where you feel  
stuck in your life.

All the details → Work With Me

Keep noticing. Every step counts.  
Keep choosing yourself ❤️

Michael Cucchiara