



## How To Eliminate Internal Threats (Negative Self-Talk & Limiting Beliefs)

**Internal threats** are the conditions within yourself that put your own success at risk. Limiting beliefs and negative self-talk are examples of internal threats. Both threats are grounded in fear. One way to combat internal threats is by applying Albert Ellis' **ABCDE** model.

The second step is to understand your limiting beliefs and negative self-talk regarding the event. Limiting belief examples include: being fearful of the unknown, not feeling like you are talented or good enough.

The fourth step consists of disputing or challenging the negative beliefs. Ask yourself if the limiting beliefs are grounded in evidence. What is actually untrue about your negative beliefs?

**E** Effects of Changing One's Interpretation of the Situation

**D** Disputing Limiting Beliefs

**C** Consequences of the Limiting Beliefs

**B** Belief System

**A** Identify the Activating Event

The first step is to identify the event that triggers the negative self-talk. It might be a challenge in a personal or professional relationship, a presentation you have to give, lack of self-confidence, and unhappiness in your career.

The third step is focusing on the consequences of your limiting beliefs, which could be setting yourself up for a negative outcome. This could be self-fulfilling prophecies. For example, if you expect to do poorly in your new role, you are setting yourself up to do poorly in the new role.

The final step is to determine the effects of disputing your limiting beliefs. Now that you have discovered what is factual about your beliefs, you can shift your mindset and associated behaviors.

