

Posture Questions

Role-playing:

Each person has a certain heritage, history and experience. It is important to be aware that limiting beliefs are developed, that they can considerably influence daily behaviour and life choices, but that it is possible to change them.

Examples of limiting beliefs:

- "I've always had bad relationships."
- "I'm too kind a person."
- "I've always been told I'm not good at music."
- "...That you have to work hard to get there"
- "...that it is imperative to study hard, to have a position in a large company and to do

everything to keep it..."

Living in the present moment, focused towards an objective that is close to our hearts, with intermediate steps to get there (preparing an action plan), at one's own pace, while taking breaks if necessary, allows us to move forward, to infuse and gradually deconstruct these limiting beliefs and to gain confidence.

Here is a simulation to illustrate this posture.

In a room, with another person:

Write the person's objective (his or her business plan) on a sheet of paper and hang the sheet on a wall (or write it on the board).

At the other end of the room, on the other side of the wall, hang a sheet of paper indicating one of the beliefs that hinders the person in her project (e.g., "It is essential to have a major education, to have a position in a large company and to do everything to keep it...") or more generally "Limiting beliefs".

Ask all the observant participants to also reflect on their limiting beliefs and identify the one that hinders them the most in their project (they will be able to observe the situation by projecting themselves with their own limiting beliefs).

Meanwhile, place some obstacles between these two walls, between "Limiting beliefs" and "The objective" (chair, tables, cushions, etc...).

PHYSICALLY:

The volunteer faces the "Limiting Beliefs" wall section and therefore turns his back on the other wall section "the objective".

The facilitator asks her to go towards her goal (concretely in reverse). The person quickly realizes that it is difficult, if not impossible, to achieve his or her goal. In view of the insecurity and the difficulty of moving around, the exercise is quickly shortened.

In other words: if the person in the project remains mentally focused on his limiting beliefs (and more generally his failures, his negative experiences...) and that he wants to progress in spite of everything towards a change, the slightest obstacle or difficult situation could be a source of discouragement, failure, abandonment. And abandonment reinforces limiting beliefs, loss of confidence and self-esteem.

While: PHYSICALLY:

The volunteer now stands with her back to the "Limiting Beliefs" wall and therefore faces the other wall "the objective" and the facilitator invites her to move to her objective (which she sees this time).

She finds that it is easier to move with her objective in front of her and the limiting beliefs behind her, as she can see the obstacles and therefore prepare an action plan to cross them, sometimes easily, sometimes not so easy, but that she can stop to take a break, even if it slows her down and takes more time. Through her movement, the person illustrates that it is necessary to plan her itinerary in order to avoid or overcome obstacles, that it requires attention, preparation, focusing on it and anticipating as much as possible (Going right, going left, lifting the leg, jumping, etc....).

At 3/4 of the route, ask the volunteer to look back at the path already covered, then continue until the other side of the "objective" wall is reached.

In other words, in life, the person will be able to follow his own pace, accept that there are obstacles, difficulties that she will be able to anticipate / overcome. She will have a realistic action plan, will be able to ask for help, will take breaks if necessary, will take stock of the steps already taken and those still to be taken in order to remain motivated and confident. She will become aware of her evolution and what has already been done, before continuing to move towards her goal and thus nurture her self-confidence.