

# 6 SUBTLE SELF-LIMITERS

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## WORRY

*Antidote: When it creeps up, ask what good is trying to come through, replace with gratitude for something else, and/or realize you can handle anything.*

## CRITICISM + BLAME

*Antidote: Go on a 100% criticism + blame free diet.*

## DEFLECTING

*Antidote: Challenge yourself to say "thank you" and really feel good about the compliment. Practice accepting and receiving!*

## SQUABBLING

*Antidote: Be on the lookout for needless arguments - apologize early and often! Use humor. Make bids for connection. Take 100% responsibility.*

## ILLNESS OR ACCIDENT

*Antidote: Catch symptoms early; be extra self-aware at times of expansion. Practice grounding. Keep your eyes open :)*

## BREACH OF INTEGRITY

*Antidote: Stay self-aware - regularly take inventory - where are you not being honest with yourself or others? What's keeping you from feeling whole?*