

Deep Change Journal: RTT Insights

I spent time reflecting on a limiting belief that has quietly influenced many parts of my life: "I'm not worthy of success." Using some RTT-inspired self-exploration, I traced this belief back to a childhood memory where I felt overlooked and unimportant in a family situation. I realized that I unconsciously kept carrying this feeling, which stopped me from pursuing opportunities boldly. Recognizing this pattern was eye-opening. I wrote down the details of that memory and acknowledged how it shaped my mindset. Now, I am consciously choosing to replace this belief with a new, empowering thought: "I am deserving of success and happiness." I created an affirmation to repeat daily and feel hopeful that this mental rewiring will gradually reshape how I view myself and my potential. RTT techniques encourage me to be gentle with myself while actively transforming deep-rooted patterns.