

25 Beliefs

ABOUT
BEING
CHILDLESS

That May Be
Stealing Your Joy
(And how to
change them.)



LIVE *a* LIFE *you* LOVE ♡



25 BELIEFS About Being Childless That May Be Stealing Your Joy (And how to change them!)

Whether you are childless by choice or by chance, it's a circumstance that shouldn't interfere in any way with a joyous, fulfilling, beautiful life.

Sure, you may have had to come to terms mentally and emotionally with being childless. But if you've done the inner work to find peace with your situation and are still haunted by self-doubt, self-judgment, and grief, perhaps you hold a belief keeping you from the healing and freedom you most certainly deserve.

You may think that identifying and changing subconscious beliefs won't work—but it does and it will. It is possible for us to hold beliefs that we learned in childhood, adolescence, and young adulthood and also hold *completely opposite beliefs* that we've come to understand intellectually, but that haven't replaced our older, stronger subconscious beliefs. (The strength of our subconscious beliefs is that we are probably unaware of their existence.)



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Yes, you can hold two diametrically opposed beliefs at the same time—which is the reason it seems as though changing a belief won't work. Because we identify with the positive belief, without really acknowledging the underlying negative one.

But when you identify and then change a belief that is making you unhappy or creating a reality that you don't want, you do have the ability to free yourself and be the happy, deserving person you truly are.

How do you tell if a belief is yours?

In order to determine if a certain belief is yours, first ask, *Does this feel like something is true for me?* Then ask, *Does my reality reflect that this belief is true for me?* And if you'd like even further proof, you can ask your body if it's true for you, by using [applied kinesiology](#). I write a lot more about beliefs in my book, [The Map—To Our Responsive Universe, Where Dreams Really Do Come True!](#)

Here are some beliefs you may have about childlessness:

1. If I'm childless something is wrong with me.
2. I can't be childless and be happy.
3. I can't be childless and be fulfilled.
4. People feel sorry for me if I don't have children.
5. If I'm not a mother I am somehow less of a woman.
6. If I'm not a father I am somehow less of a man.
7. It's not okay to choose to be childless.
8. It's not okay to be childless.



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9. It's not okay to not want kids.
10. It's not okay to dislike children.
11. It's not okay to choose my career over having children.
12. It's not okay to simply choose to be childless.
13. I can't have a deep and meaningful impact on children who are not my own.
14. If I'm childless I'll be lonely when I am old.
15. If I'm not a parent, I'll have no one to take care of me when I'm old.
16. Blood families are the real connections.
17. I'm not complete without a child.
18. It is selfish to choose to be childless.
19. People's judgment will hurt me.
20. Choosing to be childless means I am less-than.
21. I'm missing out because I don't have children.
22. I can't live "happily ever after" without having a child.
23. People with children will not be able to relate to me.
24. I won't be able to relate to people who have children.
25. I didn't have a child because I'm not deserving of a child.



This list is not all inclusive. You may have slightly different beliefs or totally different beliefs. Use this list as a jumping off point to discover your specific beliefs. The important thing is to change the beliefs interfering with your happiness. It's not difficult. I've outlined the procedure below ...

How to change a belief

Beliefs were given to us by our parents, our siblings, our grandparents, aunts, uncles, teachers and other authority figures like religious leaders and scoutmasters. Even society and the media have helped to form our beliefs about the world.

Note: There is a recorded version of this technique available at:

<https://www.livealifyoulove.com/changing-your-beliefs-guided-meditation/>

The process:

1. Write out or print the old and the new beliefs.
2. Get into a quiet space, and close your eyes. Have your list of old and new beliefs with you. Call upon your unseen friends (it doesn't matter if you don't know who they are) to assist you. You can say:

"I call on my angels, higher self, guides and others who desire to help me successfully change these beliefs. Gently guide, protect and assist me please, with harm to none."

3. Imagine yourself in a beautiful place in nature. This place is serene, quiet and safe. Then imagine your unseen friends coming to be with you, surrounding you in a bubble of love and light. Take a few moments to close your mental eyes and feel the warmth of the love and light. Feel the love, guidance and protection of your unseen friends. When you open your mental eyes you are surrounded in mist. And before you is a grand marble staircase. You, and your unseen friends, begin to walk up this staircase ... up, up, up into the clouds.
4. At the very top of this staircase, you will be at the entrance to a city, which represents your subconscious mind. It might be modern or ancient. It might be a city in nature, with natural caves and carvings in the



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rocks. It might look like anything at all. It may change shape. Whatever it looks like it is perfect for you.

5. The king or queen of this city (your subconscious) will soon come to welcome you. Tell them you want to change your beliefs. They will look to your higher self for permission, and your higher self will nod its consent.
6. Follow the king or queen to the Building of Beliefs. Your higher self will join you. They will take you to the room in this building that holds your level two beliefs. You will enter a gigantic circular room, lined floor to ceiling with filing cabinets. There will be a ladder that slides around the room on a rail, to access the high drawers. You find yourself gazing around in amazement.
7. Tell them the first belief you want to change (it's OK to peek at your paper). They will go to a drawer, open it and pull out the belief. It is written out on an 8½ x 11 piece of cardstock, plain as day.
8. Take the belief and bring it to a small table in the center of the room. On the table you'll find a big, fat black marker. You take off the cap, and strike through the entire belief. You then rip it into tiny pieces, and place it into a silver bowl lying on the tabletop. Your higher self points a finger, and the belief bursts into flames, quickly extinguishing and leaving nothing, not even ashes, behind.
9. Take a clean, white piece of cardstock from a shelf underneath the table, and with a smaller black marker, write your new belief. Feel your hand shape each letter and say each and every letter in your mind as you write.

Hand the new belief to the king or queen and watch as they deftly replace the belief. Repeat this process with every belief you want to change.
10. When you are finished, thank your higher self and the king or queen. They will appreciatively accept your thanks. And when you are ready, open your eyes.
11. Conscious mind follow-up: Write or type out *only* the new beliefs. Every day, for sixty days, read the new beliefs, with as much excitement and joy as you can muster. (If you skip a day, just add another day at the end.)

That's it!



Negative and positive beliefs about childlessness:

1. ~~If I'm childless something is wrong with me.~~
Whatever my choice, I'm perfect just the way I am.

2. ~~I can't be childless and be happy.~~
I can be childless and be happy.

3. ~~I can't be childless and be fulfilled.~~
I can be childless and be fulfilled.

4. ~~People feel sorry for me if I don't have children.~~
People can feel how they like but I feel happy and content.

5. ~~If I'm not a mother I am somehow less of a woman.~~
No matter my choice about children, I am a full and complete woman.

6. ~~If I'm not a father I am somehow less of a man.~~
No matter my choice about children, I am a full and complete man.

7. ~~It's not okay to choose to be childless.~~
It's okay to choose to be childless.

8. ~~It's not okay to be childless.~~
It's okay to be childless.

9. ~~It's not okay to not want kids.~~
It's okay to not want kids.

10. ~~It's not okay to dislike children.~~
It's okay to dislike children.



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11. ~~It's not okay to choose my career over having children.~~
It's okay to choose my career over having children.
12. ~~It's not okay to simply choose to be childless.~~
It's okay to simply choose to be childless.
13. ~~I can't have a deep and meaningful impact on children who are not my own.~~
I can have a deep and meaningful impact on children who are not my own.
14. ~~If I'm childless I'll be lonely when I am old.~~
If I'm childless I'll be loved (or happy, or popular, or enjoying my spiritual family) when I am old.
15. ~~If I'm not a parent, I'll have no one to take care of me when I'm old.~~
Whether or not I'm not a parent, I'll have plenty of health and support when I'm old.
16. ~~Blood families are the real connections.~~
Spiritual families are the real connections.
17. ~~I'm not complete without a child.~~
I'm complete with or without a child.
18. ~~It is selfish to choose to be childless.~~
It is self-loving to honestly choose to be childless.
19. ~~People's judgment will hurt me.~~
People's judgment will have no impact on me.
20. ~~Choosing to be childless means I am less than.~~
Although I choose to be childless I am still worthy.
21. ~~I'm missing out because I don't have children.~~
I'm living a full and complete life although I don't have children.



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22. ~~I can't live "happily ever after" without having a child.~~
I can live "happily ever after" without having a child.
23. ~~People with children will not be able to relate to me.~~
People with children will be able to relate to me.
24. ~~I won't be able to relate to people who have children.~~
I will be able to relate to people who have children.
25. ~~I didn't have a child because I'm not deserving of a child.~~
Although I didn't have a child I'm deserving of all that is beautiful and good.

The positive beliefs about childlessness

(Copy and print the beliefs you changed and read this list twice daily for 60 days)

1. Whatever my choice I am perfect just the way I am.
2. I can be childless and be happy.
3. I can be childless and be fulfilled.
4. People can feel how they like but I feel happy and content.
5. No matter my choice about children, I am a full and complete woman.
6. No matter my choice about children, I am a full and complete man.
7. It's okay to choose to be childless.
8. It's okay to be childless.
9. It's okay to not want kids.



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10. It's okay to dislike children.
11. It's okay to choose my career over having children.
12. It's okay to simply choose to be childless.
13. I can have a deep and meaningful impact on children who are not my own.
14. If I'm childless I'll be loved (or happy, or popular, or enjoying my spiritual family) when I am old.
15. Whether or not I'm not a parent, I'll have plenty of health and support when I'm old.
16. Spiritual families are the real connections.
17. I'm complete with or without a child.
18. It is self-loving to honestly choose to be childless.
19. People's judgment will have no impact on me.
20. Although I choose to be childless I am still worthy.
21. I'm living a full and complete life although I don't have children.
22. I can live "happily ever after" without having a child.
23. People with children will be able to relate to me.
24. I will be able to relate to people who have children.
25. Although I didn't have a child I'm deserving of all that is beautiful and good.



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I truly hope you change the beliefs about childlessness that may be keeping you unhappy. If you'd like to learn more about consciously creating your reality, read [*The Map—To Our Responsive Universe, Where Dreams Really Do Come True!*](#)

With so much love,

Boni