

MIRACLE SWIMMING INSTITUTE
YOUR BELIEFS IN WATER



Put a checkmark next to the beliefs you hold. Check your gut-level beliefs, not your intellectual beliefs. Therefore, if you would act as if you had a certain belief, check it.

- If I put my face in water, I'll get water in my nose or mouth.
- It's dangerous when I get water in my nose or mouth.
- If I get water in my nose or mouth, I'll struggle, sputter, cough, and possibly drown.
- If water gets into my mouth, I'll swallow it.
- If I relax in water, I'll drop straight to the bottom like a stone.
- Sometimes I can't keep my presence of mind in deep water.
- I am not a floater.
- I know I can float.
- I am not a swimmer yet.
- I was born a swimmer.
- It would be unwise of me to relax in water.
- If I relax in water, I might lose control.
- I may not have adequate lung capacity to swim.
- Safety is possible.
- Deep water works differently than shallow water.
- My mind works differently in deep water than it does in shallow water.
- It would be unwise of me to relax in deep water.
- If I relax in deep water, something dreadful will happen.
- Each breath I take must be maximal in case I don't get another one.
- I can't control my body well in deep water.
- I can't control my body well in shallow water.
- To learn to swim, I'll have to follow the instructor's directions, even if I don't want to.
- If a skill works in the shallow end, it won't necessarily work in the deep end.
- To float correctly, my body should be horizontal.
- Being able to float depends on where the bottom is.
- Being able to do other skills depends on where the bottom is.
- A person can't get air if s/he's in deep water because there's no bottom to stand on.
- When I'm in deep water, I must move vigorously to stay afloat.

- _____ In deep water, I need skills that I don't need in shallow water.
- _____ In order to rest, I need the bottom or the side.
- _____ It's harder to breathe in deep water than in shallow water.
- _____ If I don't have a place to swim to, I'm unsafe.
- _____ If I can't see through the water, I'm unsafe.
- _____ If people are close to me in the water, I'm unsafe.
- _____ My fear is more dangerous to me than deep water is.
- _____ In order to learn to swim I'll have to do things I don't like.
- _____ I'm only safe if I can stand up or hold onto the side.
- _____ Shallow water is as dangerous as deep water.
- _____ Deep water won't hold me up.
- _____ The water is more powerful than I am.
- _____ I need to be more physically fit than I am to learn to swim.
- _____ The MSI method may work for others but it may not work for me.
- _____ I don't trust myself in deep water.

If you have some of these beliefs and you wish to change them, join us for a class or buy our book and dvd.

©1987 M. Dash