

THE TOP 22 TWIN FLAME LOVE BLOCKS CHECKLIST

IDENTIFY THE LIMITING BELIEF SYSTEMS BEHIND YOUR 3 BIGGEST BLOCKS

Here are the twenty-two (a Twin Flame number!) most common Twin Flame Love Blocks (TFLBs) we have witnessed in thousands of our clients and followers that stop or slow Twin Flame Attraction.

To the right of the Twin Flame Love Blocks, we've also listed the belief systems behind the blocks...These are the unconscious 'B.S.' (as in *bull\$h*t*) belief systems *behind* your TFLBs that keep you stuck.

Your B.S. limiting beliefs are the real reason why you aren't calling in your Beloved NOW. But you're not alone! Most people go through life unconscious of their Belief Systems which are running (and ruining) their lives. But not you!

By completing this exercise, you are going to take a deep, real look at your Twin Flame Love Blocks so you can identify them and know where to start in the clearing process.

Instructions:

1. Have total compassion for yourself and throw judgement out the window. You're doing this to heal yourself! Yay!
2. Read through the following 22 TFLBs once in full.
3. Go back to the top. Identify and circle your top 3 TFLBs.
4. Reread the belief system behind the TFLB, committing to clearing this belief.
5. Rewrite the belief system in the form of a positive affirmation. For instance, "*I fear the judgement from others*" ⇒ "*I am loved by others and reflect their judgements back with love.*"

You will instantly start feeling a shift, and will likely have identified 3 of your biggest Twin Flame Love Blocks so that you can move forward to the next step of clearing them.

THE TOP 22 TWIN FLAME LOVE BLOCKS

1. **Thinking you're not good enough** - *I fear the judgement from others. I use this as an excuse to hold myself back. I am not willing to love and hold myself in my own divinity unless I am 'perfect,' according to others' standards. I abuse myself because it's a familiar and comfortable pattern.*
2. **Thinking you're not thin/young/beautiful enough** - *I believe that others are as critical about my appearance as I am. I am judgemental towards others' appearances in some way, but don't want to admit it! I overly value external appearances vs. internal spiritual experiences and realities.*
3. **Believing that all the good ones are taken** - *I see the Universe as limited. I am afraid that my divinity won't be valued or seen by my Twin Flame. I am competitive with other women for men.*
4. **Believing that men aren't conscious enough** - *I am afraid of my own spiritual powers and gifts. I blame men for the pain of the past that I have created in my own reality. I have not yet forgiven the Divine Masculine.*
5. **You think you're too much for a man** - *I am afraid of my own power. I am playing small because it feels safe. I think of most men as unevolved creatures who leach off of women.*
6. **You feel that no man can handle your emotional side** - *I am critical of my own emotions. I'm ashamed of my Divine Feminine watery side. I am still learning how to accept, handle, and love all parts of myself.*
7. **You perceive that your Twin Flame won't understand you** - *I don't know who I am yet. I haven't integrated a part of myself that I've been working on healing. I am ready to deeply discover who I am on the soul level, yet I'm afraid to share it with others.*
8. **Needing to perfect yourself BEFORE calling him in** - *I am ready learn how to unconditionally love and accept myself. I must unlearn the patterns where I attempt to control my external experiences. I don't feel safe in the world unless everything is perfect.*
9. **Your Root Chakra and finances are weak** - *I am afraid to heal my root chakra. I am denying myself of my Divine Abundance. I believe money is bad. I believe that my sexuality is bad. I haven't yet removed vows of poverty and shame from my past lives and for my ancestors.*
10. **You aren't living on soul-purpose** - *No one encouraged me as a child, so I won't encourage myself now. I am afraid that I don't hold the power of the Creator within me, or that I can impact people/the planet. I have not yet come out of hiding due to my fear of being misjudged or persecuted. I lack motivation and am waiting for things to come to me out of fear.*
11. **You need more time to heal yourself on your own** - *I am a master procrastinator! I am good at hiding my pain from others and even myself, so I choose not to receive help from others. I am hiding from my pain, and I don't want others to see it. I don't feel worthy of love. The Universe can't afford to pay for the help I need.*

12. **Abandonment issues** - *I fear I'll leave myself. Men abandoned me in the past, so they will ALWAYS abandon me now and forever. I don't fully trust my choices in men.*
13. **You're afraid to seem too woo woo or weird** - *I believe that men don't belong in the metaphysical/spiritual world as much as women. I am a High Priestess who feels hurt by the past persecution pain and exclusion of women from the Church/Temple/Mosque etc.*
14. **Sexual shame blocks** - *I fear that I am unhealable, unlovable damaged goods. I am impure and imperfect.*
15. **You hate the way you look naked** - *I don't accept the way that the Divine has designed me. I am inherently weird and ugly.*
16. **You scare men off** - *I feel I have to work so hard to impress men. I have to show off so they know that I am good enough for them. I am angry at men for judging me and not seeing me.*
17. **Intimacy blocks** - *I'm afraid to get close to someone, to be seen by someone who loves me and cares for me deeply.*
18. **You attract abuse** - *I don't feel good enough about myself to be in a healthy relationship. I don't deserve love. I haven't cleared out my past abuse patterns.*
19. **You haven't separated from your parents (dead or alive)** - *my soul has stayed married to either both or one parent. This is common which is why we have daddy walk us down the aisle in traditional weddings.*
20. **I won't have time for my Twin Flame!** - *I'm afraid my Twin Flame will impede my full freedom. I have commitment issues.*
21. **You like fixing fixer-upper men** - *I love dating underachiever, underearners, underdeveloped, unconscious men and I make excuses like "Oh he's so great" when everyone else sees that you're settling. Fear of being on your soul purpose and in your power.*
22. **My Twin Flame isn't ready for me yet** - *I am a Twin Flame victim. Everything in my reality is created beyond my power. I just have to wait for someone else to love me before I can love myself. I am not willing to look at my own abandonment issues.*