



# QUESTIONING BELIEFS

“Courage is your natural setting. You do not need to become courageous, but rather peel back the layers of self-protective, limiting beliefs that keep you small.”

— Vironika Tugaleva





Everyone has a belief system and each belief system works. Sometimes our belief system can hold us back from becoming our best, happiest and most fulfilled selves.

Belief system is simply a habit of perspective. What perspective are you used to when it comes to life, money, love and other topics? Could it be that you learnt certain perspectives as a child and never questioned them? Or developed a belief without even realising you have and it's not a belief that serves you? For example, you can have a very different belief about life.

Here are a few examples of a belief:

"Life is a game"

"Life is like a battlefield"

"Life is unfair"

"Life is a gift"

What kind of life would a person live with each one of those beliefs? What kind of life would you prefer to live?





Depending on your beliefs, you will have a very different experience of life. The good news is that these hidden beliefs can be changed. The first step is to become aware of them. Just knowing you have them minimizes the power they have to effect your life. The second step is to exposure yourself to contradicting evidence, that proves your hidden beliefs wrong. If you can see that there is a different way of viewing the situation, you can shift it.

### **Questioning Beliefs Exercise**

In this exercise you will:

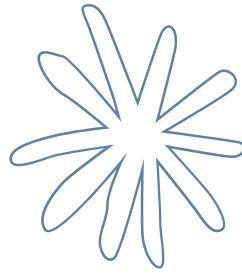
- Identify what you believe
- Identify where that belief comes from
- Identify which beliefs work for you and which you would like to change

Let's warm up, ask yourself what metaphors do you use for life?

**Life is:**-----



# Identifying Beliefs



## SELF

"I am" statements: Often, your self-talk starts with "I am". For instance: I am not organized, I am a procrastinator, and I am bad at money management. When we say "I am" we are identifying with a behavior, as if it was part of our identity. It's hard to change a behavior if you believe it is WHO YOU ARE, however if you acknowledge that these behaviors are simply something you have done, not who you are, you can choose to do them differently.

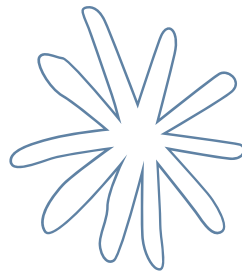
**What 'I am' statements do you use regularly?**

## WHAT IF

Another common phrase you may hear yourself saying is "What if?" For example: what if I fail? What if the person reacts in a negative way? What if I lose everything? Our "if's" may be negative, but we can flip them to a positive "if". For example: what if I create a new life? What if I succeed beyond my wildest dreams? What if I can create the relationship I want?

**What "what if's" do you often say or think about?**

# Identifying Beliefs



## DISPROPORTIONATE REACTIONS

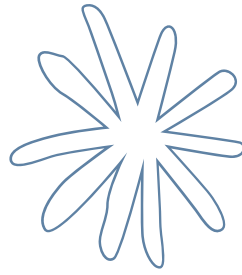
If you have disproportionate reactions to a situation, it may be a signal of a hidden story. For example, if you are extremely upset because your partner failed to do the dishes, you are attaching some bigger meaning to the small disappointment. It is a signal that an hidden story is being triggered. Your story may be “my partner doesn’t care about me” or even deeper, “no one will ever really love me; I don’t deserve to be loved”. In this case, even a tiny infraction would be a signal to you that your stories are true, which would lead to the inappropriate reaction. Your reaction do not have to just be your behaviors. Your reaction can also take place only in your thoughts and emotions, that get triggered in certain situations.

**Are there experiences, situations, or statements that trigger you to react more “extremely” than the actual situation would warrant?**

**What drives these reactions? (The hidden belief or story.)**



# Identifying Beliefs



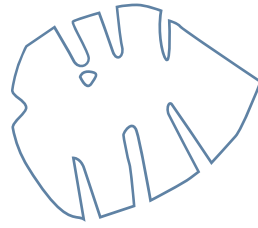
## REPEATING PATTERNS

We are creatures of habit, and sometimes our patterns show us our hidden beliefs. Remember, that our external circumstances reflect our inner stories. If we notice that situations keep popping up, it's a signal that a belief or story is causing it to repeat. Do you tend to play the same "role" in all of your relationships/friendships (such as "helper" or "victim" or "responsible" or "doormat")? Do you tend to end up in the same situations repeatedly, in your intimate relationships, your jobs, your friendships, public places, etc.? Do you repeatedly get hurt or abandoned? Get injured? Have money struggles? Have conflicts with coworkers?

**Thinking about these examples, can you identify any patterns that tend to repeat in your life?**

**What are these patterns telling you about your belief systems?  
What must you believe for them to continue happening?**

# Beliefs Blitz



You've identified many hidden beliefs already, well done. Here is a blitz round to squeeze out some other ones that might be still hiding. Below you will explore additional areas of belief. For each, ask yourself how you expect that they "are," "should be", or what they "mean". Answer each quickly with your FIRST inclination.

- **Failure means:**
- **Experiencing challenges means:**
- **Other people are:**
- **Money is:**
- **Work is:**
- **A career should be:**
- **The future is:**
- **Emotions are:**
- **Being a parent means:**
- **Being a child means:**
- **Being a man means:**
- **Being a woman means:**
- **Being single means:**
- **Being in a relationship means:**

# CORE BELIEFS



Looking back at all of the different beliefs you've developed, determine which beliefs are the most central to your sense of identity and are the most important aspects of your life's story.

## **My Top 5 Core Beliefs are:**

- 1.
- 2.
- 3.
- 4.
- 5.

For each of the 5 Core Beliefs, ask yourself the following questions: .

- **What story do you tell?** (what words do you say to yourself or others about it?)
- **Where (or who) did this belief come from?**
- **Is it true? How do you know?**
- **Are you absolutely sure?**
- **How do you feel when you think this belief (or tell the story)?**
- **Who would you be without it this belief or story?**



# CORE BELIEFS



## **What do you WANT to believe?**

If you aren't sure what you would prefer to believe, try writing out 5 different ways of thinking about it. Then, ask yourself "how do I feel about the original beliefs now? Do any of the new ones feel more true?"

