

## Questioning Beliefs

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In order to re-write your life story you will need to re-write some of your beliefs. But first, you need to identify what you believe and where this belief came from. Then, you can identify which beliefs work for you and which you would like to change. Your beliefs are simply a habit of perspective, in which case they can be changed.

It's important to identify that even a simple belief can impact your life. For example, everyone uses metaphors to describe life—and which metaphor you use will influence the way you live your life. Ask yourself, what metaphor(s) do you use for life? For example, many people say “life is a game” while others say “life is a battle field.” Your experience of life will be very different depending on the metaphor you use. (Other examples include: life is unfair, life is a competition, life is a gift, etc)

Life is: \_\_\_\_\_

Looking at different aspects of your life, consider if there were any circumstances or experiences during your childhood or early adulthood that influenced your beliefs, or whether you were taught certain beliefs from others. Then, consider the belief or story you now hold because of these influences.

Life Area	Influences: Experiences, Circumstances, Others' Beliefs	Resulting beliefs/story
Family (community, values)		
Religious orientation (or culture, customs)		
Behavior (actions, language, reward, punishment)		

Learning (education, mental pursuits)		
Physical body (health, functions, safety, capability)		
Social activities (friendship, interests, hobbies)		
Life's work (jobs, career)		

**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 married means:

### **Core Beliefs**

Looking back at all of the different beliefs you've developed, determine which 6 beliefs are the most central to your sense of identity and are the most important aspects of your life's story.

1)

2)

3)

4)

5)

**Then 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?

- Could it be different?

- 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 belief now? Do any of the new ones feel more true?")*