

Exploring Beliefs Exercise

The Exploring Beliefs exercise will give you a chance to chart your belief system and compare it with that of your parents. Some people focus on what is right or good about things and find the best in everyone and everything. Others believe that life is to be suffered and endured. They always look on the dark side of life and focus on whatever is wrong or could go wrong. What do you believe? Take a moment to consider your experience. Be honest but avoid judging yourself. It is all right to have negative feelings. Your experience is your experience. Do Graph #1.

People hold general beliefs about others. They make generalizations about people, which usually come from past conditioning and personal experience. Some have had quite positive experiences, and they have very comfortable and intimate relationships. Others have had quite negative experiences and are afraid of people. They do not have meaningful personal relationships even if they say they would like to have them. What do you believe? Be aware of any spontaneous thoughts that may come to you. Do Graph #2.

Some people believe that they have great worth. They love themselves and have a high level of self-acceptance, self-esteem and self-confidence. Others believe they are worth little. They do not love or even like themselves. They have doubts and fears about themselves, which they may express as arrogance, helplessness, self-pity or various other defensive behaviors. Do Graph #3.

About Beliefs

Your thoughts, supported by your personal belief system, are the cause of the circumstances in your life. If you feel your life hasn't been fantastic up to this point in time, do a self-examination - identify and evaluate the belief systems you presently express.

Before you can effectively change anything, you must know WHAT needs to be changed, or revised, or simply expanded. There are varying degrees of belief, with external manifestation reflecting the exact degree of belief.

Every belief in your overall belief system operates in similar fashion to a rheostat. When a belief is total and complete, it is out pictured in all its fullness at a level or degree of 100%. They can also range backwards from 100-0% - or total unbelief.

Remember, beliefs are externalized. So look at your life, your speech, your health, your relationships, your bank account, etc.

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Consider your belief system and fill in the blanks, beginning with a recent scenario. Using the linking technique, go to several earlier circumstances that had the same feelings connected to them. Then allow an instance from your childhood to come to memory and do the exercise one more time.

Situation with...

(person's name)

when / during...

(circumstance / what happened)

I felt...

(list emotions)

and I reacted by...

(action - defense)

The thoughts I was having about myself or life were...

(list thoughts)

The belief or beliefs that I might be holding are...

(list possible beliefs)

When you explore the beliefs, be aware that when the emotions come up then, you are probably on target. Do not be surprised if you have more than one connected to a person or situation. The idea is to find the beliefs and to realize that they are lies.... They can be changed if you really want your experiences in life to change. They are programs from your childhood and they are still affecting your life today. The tools of Breath Therapy offer the fastest, most powerful way to reprogram your bio- computer and reclaim your life.