

We Operate from our Belief Systems

CURRENT BELIEFS

NEW BELIEFS

SPIRITUALLY –

“Life is about money/power.”
“Life is fair”

“Life must have meaning/purpose.”
“Life is not always fair, but a higher power can support me.”

EMOTIONALLY –

“My mother is responsible for my happiness.”
“Anger is bad”

“I am responsible for my own happiness.”
“Anger is a healthy and normal grief reaction.”

PHYSICALLY-

“I will always be healthy.”
“My body can handle anything.”

“I will eventually have health issues.”
“I need to treat my body with respect due to its limitations.”

“I can do the same things I did when I was 16 years old.

“I need to admit that my body changes with age.”

MENTALLY-

“I will always be in control.”

“I am not in control of circumstances. But, I can control how I face circumstances.”
“I can choose the people I trust.”

“I can’t trust anybody.”
“I can hide from my suffering.”

“When I accept my suffering, I become transformed.”

Belief Systems

CURRENT BELIEFS
(I believe...)

BARRIERS/FEARS

NEW BELIEFS
(I want to believe)

SPIRITUALLY –

EMOTIONALLY –

PHYSICALLY –

MENTALLY –