

## 8 Step Change-Your-Beliefs Process

1. **Notice where in your life things aren't working. Pick one of those areas to focus on today.** It could be a specific situation (like “the argument with Jane” or an area of your life like “health” or “romance”)

Focus Area:

2. **Inventory your beliefs about the situation.** Your assumptions. Your view of reality.

Let's say you feel frustrated at work. Your team is driving you crazy. Your beliefs about the situation might include things like these:

- a. Jane is incredibly difficult to work with.
- b. If I bring up the elephant in the room, the situation is going to explode.
- c. In this company culture, you don't stir things up. Doing so would put my job at risk.

3. Go a little deeper. **What mega beliefs about life or about yourself are informing how you are showing up in the situation?** For example, those mega-beliefs might be things like these:
- a. People who stir up conflict end up with no one on their side.
  - b. I can't handle conflict.
  - c. Everything will work out in the end.
  - d. Everyone is doing the best they can.
  - e. When people don't get along, they just don't. Better to accept it and move on.

4. Scan over all of the beliefs you inventoried in Steps 2 and 3. Which ones do you think are serving you well? **Which ones are old, unhelpful or limiting beliefs that do not support you in creating the life you want?** Which ones only reflect a partial truth? Write down one of those you know you'd like to change.

The belief I'd like to change is:

5. Then, **note when and how you learned this belief**. Was it a childhood wound, a message from one of your parents? Was it a painful early experience in school? You might not know, and that's okay.

I learned this belief when:

*Note: Sometimes, you'll find that remembering where the belief came from can bring up a lot of emotion – emotion that didn't get fully felt at the time you lived through the experience. Just let it come. Breathe, feel it, and stand compassionately with yourself. Journal about it – name the feelings that are coming up. Let the feelings crest, like a wave, and then pass through you. Receive them lovingly. It's just emotion working it's way through you – totally healthy, totally normal.*

6. Look at the belief and **decide if you'd like to hold on to it, or change it**. Is it serving you or not? Is it time to update it to a belief that better serves you now?
7. If your answer is that the belief is not serving you, or that it's time to try out a new one, do just that. What belief around the topic would serve you better, would help you go for your fulfilling life? Be willing to try on beliefs that are so counter to your old ways that they don't feel true.

You can see some examples of old belief/new belief pairs in the chart below.

Old Belief	New Belief
Men only care about women's looks, and wine aren't so great.	There are many men who are looking for smart, interesting women with unique beauty – women just like me.
If I were ten pounds lighter, my life would be better.	My life gets better as I deepen my spiritual practice and my commitment to service.
If you shine too brightly, other women get jealous.	I celebrate other women's success, and those who have the capacity to do so celebrate mine. Those who don't have that capacity? I send them all my love and blessings.
If I'm assertive, I'll be labeled a bitch at work.	I'm assertive and kind. I know that most people are cool with that, and I can handle the fact that some people will be threatened by it.
I have no self discipline around food.	Sometimes, when I get stressed or very scared I turn to food, but I can learn new ways to calm my stress and fear.

Now do this for yourself with the belief you'd like to change

Old Belief :

The New Belief I'd Like to Replace It With / The New Belief I'm Willing to Try On:

- Act As If.** Here's the cool part. You don't have to believe that the new belief is true in order to adopt it. Instead, *act as if it were true* and see what the results are.

**Keep adopting the new belief, over time.** This isn't a one day process. What you've done so far is identify the belief you want to let go of, and then the new one you want to

adopt. Now you'll need to retrain your brain around the new belief, and that takes openness, acting as if it's true, and repetition.

It's a good idea to write the new belief where you'll see it regularly, and remind yourself to "try on" the new belief and walk through your life, through various situations as if it were true.

*Remember, it's okay to not believe it. Just hold it "as if it were true" and see what the results are of holding that belief as true.*

### **Want more?**

If you'd like, you can go back up to your answers to questions #3 and #4. If you notice other limiting, unhelpful beliefs you'd like to change, you can continue with steps 5-8 for those beliefs too.

Lots of love to you,

Tara