

# Beliefs: The Critical Core Factor (Step 9)

## 12 Steps for Recovery from Adversity, Trauma, and Abuse (Part 4) Pursuing Podcast Episode 8

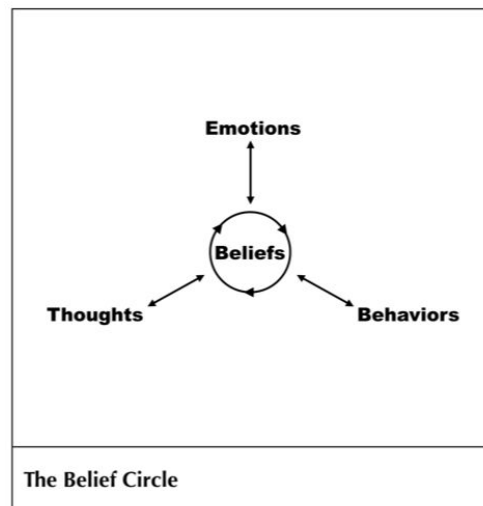
April 22, 2019

Notes	
<b>12 Steps for Recovery from Adversity, Trauma, and Abuse</b>	<ol style="list-style-type: none"><li><i>1. We admit that we are powerless over another's choices, behaviors, and commitment to healing, while recognizing and claiming the power we have over our own choices, behaviors, and healing.</i></li><li><i>2. We come to believe that there is within us an innate ability to heal and an inner knowing that can guide us on our healing journey.</i></li><li><i>3. We make a decision to trust in the process of healing.</i></li><li><i>4. We make a searching and fearless inventory of ourselves.</i></li><li><i>5. We acknowledge and admit the truth of the experience, our role in that experience, and the role of others involved.</i></li><li><i>6. We forgive ourselves for our role in this experience and make amends with ourselves as necessary. We forgive others for their role in this experience and release them to their own healing.</i></li><li><i>7. We fully commit to doing the work that is necessary for healing.</i></li><li><i>8. We honor our emotions by acknowledging them, allowing them, and accessing the information they hold.</i></li></ol>

	<p>9. <i>We identify core beliefs that have led us to this place, challenge them, and change those that hinder our growth and healing.</i></p> <p>10. <i>We identify and restructure distorted thought patterns.</i></p> <p>11. <i>We commit to behaviors that are consistent with our healthier emotions, thoughts, and beliefs.</i></p> <p>12. <i>In our pursuit of progression, we continue to do our own work and bring awareness and support to others on their healing journey.</i></p>
<p><b>Introduction</b></p>	<ul style="list-style-type: none"> <li>● If something someone says makes you feel good, it is only your belief in what they say that creates the feeling. “Another person’s approval has no ability to affect your mood unless you believe what he or she says is valid. But if you believe the compliment is earned, it is your belief which makes you feel good. You must validate external approval before you experience mood elevation” (Burns, 1980, p. 256).</li> <li>● Belief is incredibly powerful. It can work to our benefit if we are aware or to our detriment if we are not aware of how it actually works. Understanding how beliefs are created and how they manifest in our lives is vital for us to harness that power.</li> </ul>
<p><b>Step 9:</b></p>	<p><b><i>We identify core beliefs that have led us to this place, challenge them, and change those that hinder our growth and healing.</i></b></p> <p><b>Main Points:</b></p> <ol style="list-style-type: none"> <li>1. In order to identify core beliefs, we first have to know what they are, as well as what they are made of and how they are created. Once we understand what they are, we can more easily identify them and recognize how they affect our lives.</li> <li>2. Learning how beliefs affect our emotions, thoughts, and behaviors is critical for us to acknowledge the value in challenging and changing negative core beliefs.</li> <li>3. Changing negative core beliefs is a powerful process that is truly the critical component to our full healing.</li> </ol> <p><b>Details:</b></p> <ul style="list-style-type: none"> <li>● Computer analogy for beliefs by Gary van Warmerdam: <ul style="list-style-type: none"> <li>○ What is on the screen—what we see—is our thoughts and emotions</li> </ul> </li> </ul>

- Our beliefs are the software program—what we don't see and aren't even trained to look for (what is driving everything behind the screen)
- We are the central processor (processing system)
- Core beliefs include the thoughts and assumptions we hold about ourselves, others, and the world around us. They are deep-seated beliefs which often go unrecognized and yet constantly affect our lives.
- “Core beliefs begin to form in childhood and they are resistant to change. Even when confronted with ample evidence to the contrary, core beliefs can remain rigid. Often associated with intense emotions” (Kloppers, 2019).
- Our belief systems can be created in three main ways: (1) through our experiences; (2) we are taught them or have them projected onto us by others; or (3) they are thoughts tied to strong emotions that are repeated and supported by our experience (consequence), so the entire cycle (thoughts, emotions, and behaviors) is automatized (becomes unconscious). Beliefs are always revealed in our thoughts, emotions, and behaviors, and in turn, they can influence and even create beliefs. This is represented in the Belief Circle, Image A:

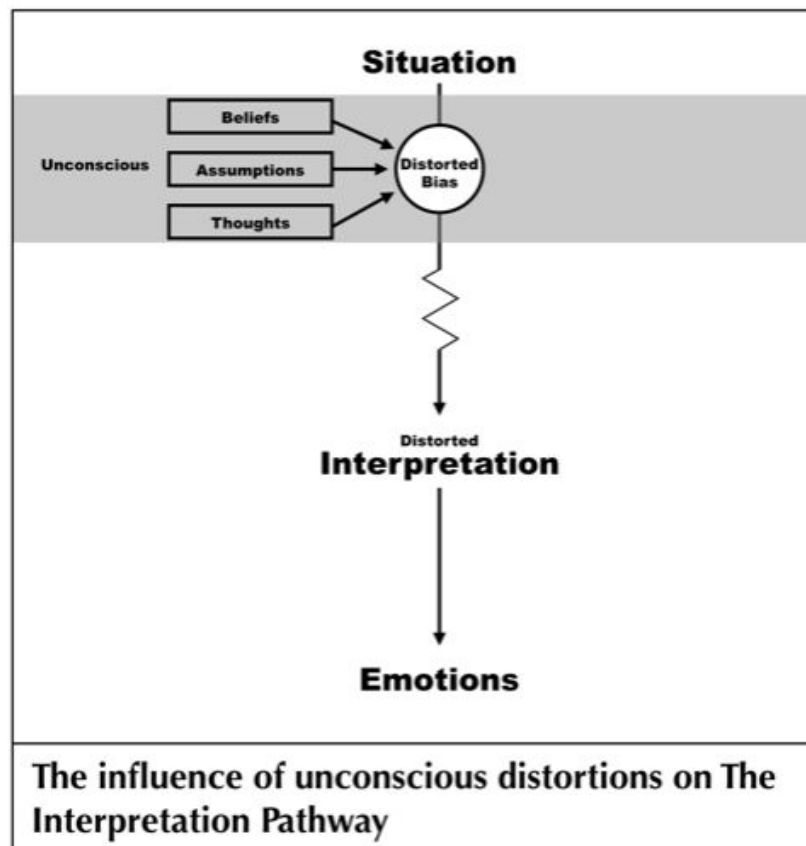
Image A:



- Underlying assumptions are intermediate-level beliefs. They maintain core beliefs by explaining life experiences that otherwise might contradict the core belief. Assumptions work as partners in crime with core beliefs and maintain the consistency of core beliefs across many situations.

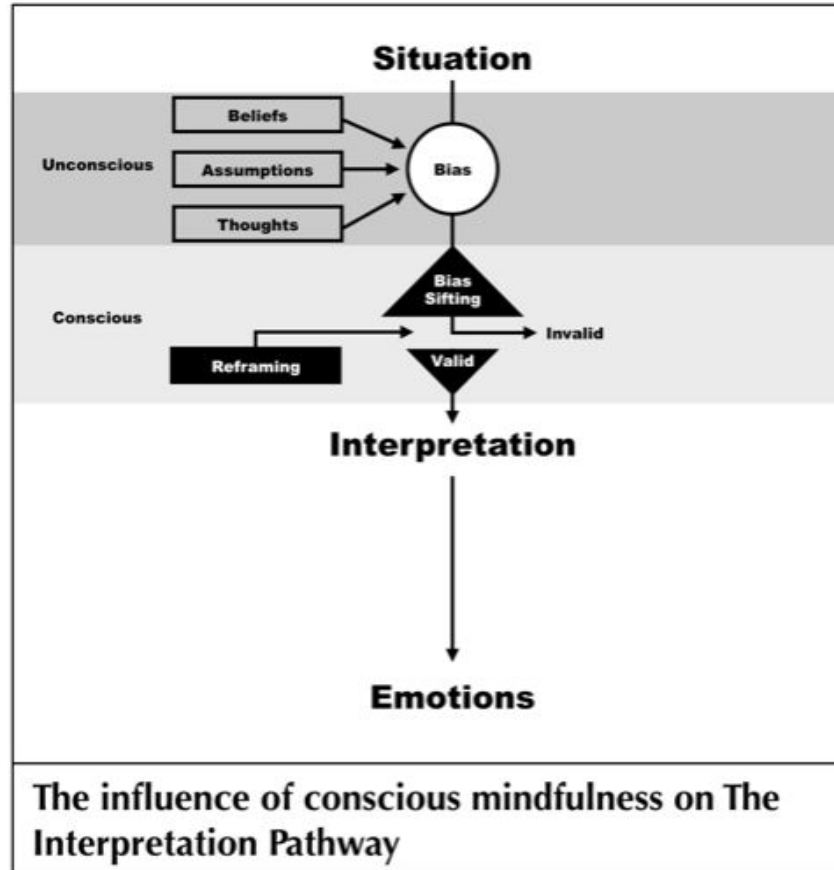
- The A-B-C-D model is a classic cognitive behavioral therapy (CBT) technique developed by one of CBT's founders, Albert Ellis, that brings in the role of beliefs in our experience.
  - A = Activating Event (initial situation or trigger)
  - B = Belief System (perception, thoughts, and assumptions)
  - C = Consequence (feeling and behavior)
  - This belief system is how we interpret events and results in our emotions that affect the Thoughts, Emotions, and Behaviors Triangle. Our bias is our desire and action to maintain our current beliefs. If they are distorted, it can result in a distorted (untrue) interpretation, which negatively affects our thoughts, emotions, and behaviors. This is represented in Image B:

Image B:



- D was added to the A-B-C model as the step to dispute and change our distorted beliefs. This is the point where we bring conscious awareness in through bias sifting (going through our beliefs, assumptions, and thoughts) and reframing for a more correct and positive interpretation. This is represented in Image C:




Image C:



- Identifying core beliefs:
  - Observe your thoughts
  - Monitor your self-talk
  - Search your emotions

- Steps for changing core beliefs:
  1. Bring awareness to it and shift perspective
  2. Challenge the belief (bias sifting)
  3. Be willing to accept and prove the new belief
  4. Create a bridge belief (reframing)
  5. Create healing thoughts (thought patterns) and affirmations to affirm the bridge/new belief

Sample process to help create bridge beliefs:

OLD 	BRIDGE 	NEW 
What is my current belief, thought, or action?	Bridge beliefs, thoughts, or actions	What is my desired belief, thought, or action?

- Positive core beliefs to use as a model to create your own core beliefs:
  - You are not broken; you are becoming.
  - You have control over your emotions, thoughts, beliefs, and behaviors.
  - Resilience and healing are in your divine make-up, and joy is your divine right to claim.
  - Your worth is not something you have to earn, it just is

**Action Items**

- Begin to observe your thoughts, monitor your self-talk, and follow your emotions to identify core beliefs.
- Ask the questions: (1) Is it to my advantage to maintain this particular belief? (2) Is this belief really true and valid? (3) What specific steps can I take that will allow me to rid myself of attitudes that are self-defeating and

	<p>unrealistic, and substitute others that are more objective and more self-enhancing?</p> <ul style="list-style-type: none"> <li>• Begin working through the steps to change negative core beliefs</li> </ul>
<p><b>Sources</b></p>	<p>Burns, D. (1980). <i>Feeling Good</i>. New York: William Morrow and Company, Inc.</p> <p>Kloppers, M. (2019). <i>Core beliefs and happiness</i>. Retrieved from: <a href="https://www.mentalhelp.net/blogs/core-beliefs-and-happiness/">https://www.mentalhelp.net/blogs/core-beliefs-and-happiness/</a></p> <p>Warmerdam, G.V. (2019). <i>How to identify core beliefs</i>. Retrieved from: <a href="https://www.pathwaytohappiness.com/writings_core_beliefs.htm">https://www.pathwaytohappiness.com/writings_core_beliefs.htm</a></p> <p>Warmerdam, G.V. (2019). <i>Changing core beliefs, emotional reactions and behaviors</i>. Retrieved from: <a href="https://www.pathwaytohappiness.com/writings_falsebeliefs.htm">https://www.pathwaytohappiness.com/writings_falsebeliefs.htm</a></p>