

Introduction into Beliefs

For clarification, this article is not about spiritual beliefs. It is about beliefs I have about myself. An easy way to express beliefs is by starting with “I am”. I am pretty. I am ugly. I am a bad person. I am wonderful. Some beliefs I have about myself may be true, some are not. As with habits, beliefs form over time. Beliefs are often the result of external influences. Some of the most deeply rooted beliefs come from early childhood and are most often influenced by primary role models such as parents, siblings, and teachers. We are able to change beliefs, but due to their nature they may take more time and effort than habits.

One of the beliefs I took on about myself is “I am not worthy”. It sat deep and it took time to unpack. In my childhood it was more common for me to receive negative feedback in the way of scolding and punishment from my parents, than to receive praise, cuddles and love. I took that as not being worthy of care and love. It was my interpretation of my unique experience growing up. As part of my healing I had to learn how to receive positive feedback, blessings, and love from others.

As children we trust and take on messages around our way of being in the world and subsequently, we are forming beliefs. Having grown up they are a natural part of us. We don’t think much about our beliefs and we never question them. Thus, they operate and run for the most part unconsciously. Unknowingly we may pass them on to the next generation. If you have messages and beliefs that no longer serve you in a good way and you want change, you need to intervene, create awareness, and explore your beliefs.

What messages are playing in your head? What beliefs have you formed that are now running your life instead of you? How do these beliefs influence the decisions you make? Here some examples that may help you identify them. Be honest with yourself.

- I am a failure.
- I can’t do anything right.
- I am not trustworthy. I am not worthy.
- I can’t ...
- Everything I touch gets destroyed.
- I am not made for relationships.
- I hate myself.
- You have ... I don’t have ...
- No one likes / cares about me. I don’t have any friends.
- Mother (father) likes you better than me.
- People that have lots of money are greedy.
- I will always be (financially) poor.
- I don’t deserve any better.

Take a moment and write down the messages and beliefs you are aware of. Think about the impact these messages and beliefs have on your life. Are you ready for change?

Know you are not alone. Seek help. A friend, coach, mentor, or councillor may be able to provide support. You are worth it. Accessing the greater potential in you needs to start with you.