

OPERATING BELIEFS

OBJECTIVE:

To determine if the beliefs you hold are helpful or harmful.

EXPECTED RESULTS:

Insights, restructuring of personal reality.

INSTRUCTIONS

On a piece of paper:

1. List three things you believe about yourself.
2. List three things you believe about relationships.
3. List three things you believe about money.
4. List three things you believe about governments.
5. List three things you believe about work.
6. List three things you believe about your ability.
7. List three things you believe about your health.
8. List three things you believe about your family.
9. List three things you believe about the future.

A. After each belief you wrote, note whether you experience the belief as helpful (H) or impeding (I).

B. After each belief you wrote, note whether the belief was assumed deliberately (DEL) or was indoctrinated into you (IND).

C. What conclusions can you draw after doing A and B?

