

Authentic Core Beliefs

Now that we've worked on building our understanding for the 5 core values and began the process of connecting them to the basic core beliefs about what those values mean to us, it's time to start applying these beliefs to the specific things you do on a daily basis that are important for you to Live the Life you Want to Live. These true, authentic, core beliefs are intended to guide the decisions we make, and the actions we take, every single day. They shape the way we want to live out our lives, keeping us moving in a direction that's in line with how we demonstrate our values in our behaviours.

At the same time, we have to remember that beliefs are fluid by nature, they are based on the information we have at this particular point in time, and they can shift and change as we learn and grow as individuals. When we are open to experiencing new things from an objective point of view, we receive new information that can alter our core beliefs. Sometimes these alterations are so minor we might not even notice them, and sometimes they are major changes that completely shift the way we see the world. On the flip side of this, if we are tied to the rigidity of a particular perspective, this ability to change and grow is significantly stunted. We often remained trapped in a distinct behaviour pattern, trying to cope with emotional impact of this rigid point of view, this is the power of our negative childhood schema.

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~Steven Morris RP.

When working with our true authentic Core Beliefs, a good rule of thumb to keep in mind is that beliefs are formed in sentences, unlike our values which exist as single words. For example, I value honesty, and I believe that I should tell the truth whenever possible, provided it won't cause harm to myself, or damage my relationships with the people I love. Now remember, as I previously mentioned, there is always a hierarchy to our values system, in that sometimes one value will completely outweigh another depending on the situation we are in. So, in the example I am using here, for the most part, I try to live by the value of honesty, and the beliefs that go with it, to the best of my ability. Mainly because it helps me to avoid the activation of guilt and shame in my personality system.

At the same time, if telling the truth will put me, or someone I love in danger, then my value of safety trumps my value of honesty, and I will shift my behaviours accordingly. This is why it's also important to understand the Hierarchy of Values that exist within our personality system. While many of our core values seem to be the same, our beliefs can be different from person to person, culture to culture, and experience to experience. This can cause problems in certain areas of life if you value the same things but have different beliefs from the person you are experiencing the situation with.

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For example, most people value integrity, doing what you said you were going to do when you said you were going to do it, but what your beliefs are about the way you express integrity in your life can differ from that of another person based on your experiences, and what's important to you right now. I may believe that I have to follow through on what I said I was going to do with 100% integrity in this particular area of life because this domain is at the top of my list when it comes to importance. However, if the people around me don't hold this domain in the same way as I do, our beliefs can clash and cause problems in the relationships, particularly if I am tied to the rigidity of my beliefs.

This is why establishing what's important was the first step we took when figuring out our values and beliefs. Having the ability to understand that other people may not follow the same beliefs as me, and learning how to work with our judgments about this will come at a later date, first let's establish your own unique beliefs about the Life you Want to Live. On the following pages of this PDF, you will find a worksheet designed to take the information we have gathered on what areas of life are important to you, what your basic manifestation of the 5 core values looks like for you and then apply these beliefs to your own specific important areas of your life. Look back over the previous worksheet where you established the areas of life that were important to you and pick one that you are going to work on. You can work on this area for a day, a week, or a month, it's entirely up to you, just pick an area and make a commitment to work on it for a period of time.

**Values and Beliefs in
Specific Areas of Life Worksheet**

The intention of this worksheet is to explore each area of life that you've identified as being important to you at this particular point in time. We do this to establish what your expectations on yourself, and others (if applicable), to explore if these expectations are realistic based on the evidence we have available to you and establish what it looks like for you to Live the Life you Want to Live, by being the person you want to be in the grand scheme of things, not just in the immediate future. It is recommended that you complete a separate version of this exercise for each area of life you are focussed on, so you can be specific about people, places and things in these areas. It is also important to note, you may find an overlap of beliefs in each area, or many other values underneath each of the 5 common core values we explore in this exercise. This is completely normal and, to some degree, expected.

Area of life	
If I apply the Values and beliefs associated with Honesty, what would I see myself doing in this specific area of life?	
If I apply the Values and beliefs associated with Integrity, what would I see myself doing in this specific area of life?	

<p>If I apply the Values and beliefs associated with Loyalty, what would I see myself doing in this specific area of life?</p>	
<p>If I apply the Values and beliefs associated with Safety, what would I see myself doing in this specific area of life?</p>	
<p>If I apply the Values and beliefs associated with Respect, what would I see myself doing in this specific area of life?</p>	

Now that you've completed this aspect of establishing the unique beliefs you hold inside your values system, regarding the particulars in this domain of life, take some time to explore the possibility of interpersonal interactions in this area. Sit with the probability of connecting with other people when you're actively participating in the goings-on associated with this area. And, if this is something you think is going to be relevant for you, complete the next section to highlight the expectations you have for others to present their values and beliefs in their behaviours too.

<p>Are there other people involved in this specific area of life?</p>	<p style="text-align: center;">YES NO</p> <p style="text-align: center;">(If the answer to this question is YES, complete the next section of this worksheet to apply your values and beliefs to those you will connect with in this area of life)</p>
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<p>If I apply the Values and beliefs associated with Honesty, what would I like to see from others in this specific area of life?</p>	
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<p>If I apply the Values and beliefs associated with Integrity, what would I like to see from others in this specific area of life?</p>	
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<p>If I apply the Values and beliefs associated with Loyalty, what would I like to see from others in this specific area of life?</p>	
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<p>If I apply the Values and beliefs associated with Safety, what would I like to see from others in this specific area of life?</p>	
<p>If I apply the Values and beliefs associated with Respect, what would I like to see from others in this specific area of life?</p>	

Taking Meaningful Actions

Insight is a wonderful thing; it helps us to see exactly why we do what we do and gives us reasons for things that previously had no reason. Insight, unfortunately, isn't worth much if it has no action behind it. Next, take some time to contemplate the results of the exercise you just completed, see if you can access a Wise Mind state to consult on some actions you might be able to take in this area of life. Set yourself some goals in this domain, build them into a schedule, then when the time comes, see if you can be the person you want to be, and pay attention to how easy, or hard this is for you to do.

Be sure to pay attention to the things you can do differently from the usual way you would do them, to line up with being exactly how you want to be. If you notice that you're already being this way, great!! Then how can you make sure you maintain this behaviour to keep things going in this direction. On the following page, write a list of actions you could take to help you Live the Life you Want to Live in the area you are currently working on, then rate how able, capable, and willing you are to do these things in the space provided.



Actions I could take

A large, empty rectangular box with a black border, intended for writing or drawing.

Remember, expectations on ourselves and others can be a difficult thing to work with, but there's nothing wrong with having them. The expectation is not the problem, it's the meaning we attached to the expectation not being met that activates our state of distress. When applying expectations, first things first, it's important to assess whether the expectation can be met by asking questions that revolve around whether the person this expectation is being applied to is able, capable, and willing to meet the request. This principle applies to you, just as much as it does to others. The following is a brief definition of what each one means.

Able:

- Do I/They have the time available in my/their daily structure to meet the requirement without compromising any of the 5 core values?

YES

NO

Capable:

- Do I/They have the necessary skills required to meet the requirement being asked of me/them?

YES

NO

Willing:

- Have I/They demonstrated a desire to complete the requirements being asked of/them, do I/They want to do it?

YES

NO

Please remember, as it is REALLY important, whenever there is an expectation being put on self or others, there is nothing wrong with having expectations, it's what it means if those expectations are not met, and the emotional impact of the beliefs associated with this meaning that can cause the emotional distress that sends us into old behaviours. To understand if our expectations are realistic or not, it can be helpful to brainstorm these points of view with others to explore different possibilities.