



## The 12 Core Beliefs

### Premise 3: *BELIEFS CREATE REALITY*

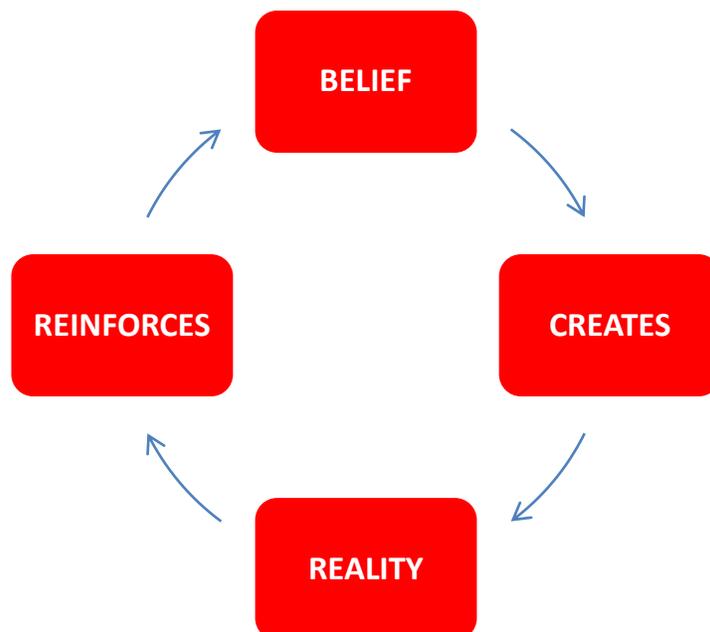
Beliefs are akin to a prison. Most of us live in the jail cell of our beliefs. They create a 'reality box' in which we perceive and act according to the impulses and guidance that arises from these ingrained and self programmed beliefs. We create beliefs when we are young. They were relevant at the time of their formation. However as we grow we never challenge or question them and live in them feeling and thinking they are unassailable truths.

We go through life unaware of the unconscious assumptions we are living within. Beliefs are the architecture of our unconscious results. We create beliefs to make up for gaps in our understanding of life. When you go into the realm beyond your beliefs you realize you can create new realities.

Beliefs become the way we orient ourselves in life. Listening to your intuition you can begin to decipher your soul's true calling and act in accord with as your new reality.

When the truth of life hits home you realize you are part of an unlimited consciousness and can create results beyond your beliefs.

The following beliefs are the most common and outline what we think and say to ourselves in times of stress.





## 1. I'm Unworthy/I'm Unlovable.

**Emotional state:** Depression, low energy, disengaged from the vitality of life.

**Behaviours:** Constantly putting others first, denying personal needs.

- Constantly seeking love and approval, then rejecting it, unable to receive love.
- Unconsciously organizing to be rejected and continually proving you are not worthy of love.
- Overly sensitive to the opinions of others.
- Constantly testing friends and loved ones to see if they will still love you.
- Try to be seen as a good person ie involved in social causes and charities, hoping to be seen as as worthy by others.
- Often leave situations before others find out how unworthy you are.

## 2. I'm Not Good Enough

**Emotion:** Depression, low energy, disengaged from the vitality of life.

**Behaviours:** Constantly striving and attempting to be better, believing only hard work and effort will bring rewards.

- A determined over achiever focused on gaining qualifications and education to prove their worth. Many people considered to be high performers in the world of business are under the thrall of this belief.
- You set up achievements that don't get acknowledged.
- Constantly feeling the pressure to improve oneself and those around them. "I can always be better".
- Focus is on the next big achievement. Always rushing and pushing to achieve goals. Success lies in future achievements.
- Pushing themselves and others to achieve, and coercive and often use the word 'should' in their vocabulary.
- Frightened to stop as they might be overwhelmed by feelings of emptiness.



### 3. I Don't Belong

Emotion: Depression

Behaviours : Are characterized by appearing odd or out of the norm in their appearance and actions. They often feel ostracized and can feel rejected by others.

- Are often loners, by choice, and will act like a hermit - even when they are with others.
- Are often attempting to claim a place where they can belong.
- Often very likeable, pleasing people in the hope they won't be ostracized.
- Will sometimes create a community so they have somewhere to belong.

They are often hyper-vigilant and very sensitive to the impact of others, feeling the need to protect themselves.

- They are often people pleasers to avoid being rejected, or alternatively they can become so weird others do not know how to react.

### 4. I Need to Control Myself, Others or the World

Emotion: Fear    Body: Mental

Behaviours : Always attempting to be in control of themselves or others and the situations they are in.

- Attempt to avoid overwhelm by limiting their input and output.
- Will tend to overthink and intellectualise situations often spacing out and creating confusion amongst others. Often described as 'being in their head'.
- Will tend to dwell upon limiting thoughts and feelings leading to the creation of limited results all in an attempt to control outcomes.
- Averse to taking risks. Needs to govern actions and leads through shoulds and should nots.
- Try to control actions of self and others. Will collapse/resolve creative tension by losing control e.g. addictive behaviours over indulging in alcohol, food, sex, drugs.
- Will only focus on what they can control.
- Focus on negative consequences, and halt movement forward.



## 5. I Can't Trust Myself, Others or the World

Emotion: Fear

Body: Mental

Behaviours: Cheat and be dishonest (often by not saying what you think, rather than lying)

- Unconsciously set up others to fail and then feel betrayed. You assume others will fail you because they can't be trusted.
- Not allow others to help you feel safe. Will do things on your own. Will often feel misunderstood.
- Be very careful - always seeking safety before taking action.
- Set up a lot of tests for people, which often destroys the trust you're trying to build.
- Look for trustworthy symbols - a person, guru, teacher etc, then once found you will test them to find out why and where they are untrustworthy.
- Demand guarantees and make rules in order to create predictability and safety.
- Create unsafe relationships.
- Make plans and create expectations involving others without telling them. If the other person doesn't come through, you'll feel ripped off and cheated.
- You'll feel unseen, unrecognised, under-valued, violated, betrayed, ripped off.
- Will regularly use the word 'trust' in your sentences.



## 6. I'm Insignificant / I'm Invisible

Emotion: Fear      Body: Mental

Behaviours: Try to impress and appear significant.

- Be detached and covert.
- Never ask for what you want.
- Often unseen even in the presence of others.
- Can also play out most of the strategies of the Trust belief.

## 7. I Don't Have the Capacity

Emotion: Fear      Body: Mental

Behaviours: You believe you need to expand your resources to get the job done.

- Arrange things so you have an enormous amount to do and then never have enough time to get everything done.
- Try to overcome the odds, i.e. blitz it before time runs out, consequently you often late for appointments.
- You get overwhelmed, over committed or under involved.
- Always have a number of projects you're working on, but can never commit to one and complete it.
- Only try things you already know how to do.
- Often controlling of your physical space and environment.
- Come across as overly positive about everything.



## 8. There is a Way Things are (the world is)

Emotion: Fear & Anger      Body: Mental

**Behaviours:** Fundamentalism. Seek knowledge - the more knowledge you have the more you know how things operate, then you'll know what to do & what you want.

- Read and study metaphysics and think it matters.
- Constantly convincing yourself and others about how you think 'IT' is.
- Will give up responsibility of your life to the Universe, God, or whatever your theory of 'the way things are' is.
- Will promote your belief to save other people who don't understand 'the way it is', or to bolster your theory.
- Will seek, or may write the 'owner's manual to life'

## 9. I'm Powerless

Emotion: Anger      Body: Physical

**Behaviours:** Set up circumstances to be a victim. You blame others for what happens to you.

- Assign the power outside of yourself.
- Set up situations to fail or lose.
- Often collude with others to seek support for your viewpoint.
- Set up power bases to overpower people.
- Define yourself by accruing symbols of power. Often these people appear very powerful. Once symbols are obtained the game becomes how to keep them.
- Manipulate people in order to get what you want, either by charming them or psyching them out.



## **10.** I'm Not Allowed to be Capable

**Emotion:** Anger (Passive Aggression)

**Body:** Physical

**Behaviours:** Set up circumstances so that you can act incapable.

- Be seductive.
- Raise the goal posts before reaching them.
- Underachieve compared to your real capabilities.
- Appear less capable than you really are.
- Avoid situations where your capabilities will or might be tested.
- Often use the word 'could' in your sentences.
- Constant preparation and very process orientated, but don't actually get anything done.
- Perpetual procrastinators. Always dreaming and fantasizing about an ideal future.
- Lack of commitment to anything or anyone.

## **11.** I Need to be Perfect

**Emotion:** Anger

**Body:** Physical

**Behaviours:** You assume that perfection actually exists and it's something one needs to be.

- Set high standards and punish yourself relentlessly.
- Never begin anything because you have to do it perfectly the first time.
- Very critical of your own and other people's mistakes and faults.
- Compulsive pickiness and fault finding.
- Excessive preparation.
- Destroy relationships or creations before being found out to be imperfect.



## 12. There is a Right Way

Emotion: Anger/Depression    Body: Physical

Behaviours: Intolerance of deviation - always trying to establish the right way.

- Very process orientated - rigid commitment to one way of doing things. You focus on how it is getting done, rather than whether it's getting done or what's getting done.
- Often do things the 'wrong' way and use this as an excuse for failure because you didn't follow the right way.

Believe in methods, systems, etc - often to extremes.

- Sin obsessed - follow dogmas.