

COMMON BELIEFS

A LIST

TO SUPPORT THE DETECTION OF BELIEFS THAT
CONTROL OUR THOUGHTS, FEELINGS AND ACTIONS FROM WITHIN,
WITHOUT US BEING AWARE OF IT

If you are repeatedly bothered by your own thinking, feeling, and acting in certain situations, and you have not yet managed to change anything about it, I would like to suggest that you detect the unconscious convictions that control you in these situations from within and, if necessary, replace them with more positive ones. Our behavior is strongly influenced by what we have internalized about what is okay and what is not okay, what we must, may, and should do and what we must not, may, and should not do.

However, these convictions - they are also called beliefs - are often not even rudimentarily conscious to us. They have secretly, quietly nested within us. And some of them already a very long time ago. **However, it is possible to track them down and change them if you want to.** This requires, that we first identify them. Because if we don't know the exact beliefs that are responsible for our "automatic" thoughts, feelings, and actions in certain situations, we logically can't change them.

To help you identify the unconscious "background programs" that stand in the way of your development, I've compiled a list of beliefs that are widely held. You can read through them one by one and observe yourself reacting to them. Do you nod imperceptibly when you read the belief? If so, it is part of the "rules of life" that govern you from within.

Here is a list of some widely held beliefs. Mark all statements to which you spontaneously say 'yes' when reading through them. And feel free to add to the list any other beliefs that come to mind as you read because they are present inside you.

BELIEFS ABOUT POWER AND AUTHORITY:

- I don't care about power.
- Power is dangerous.
- Only a few have power.
- Power is good if you use it right.
- It is better not to mess with the powerful.
- Authority is acquired through performance.
- The higher your status, the more important you are.
- You have authority or you don't have it.
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BELIEFS ABOUT MONEY:

- Money corrupts character.
- If you have money, you can sleep well.
- Money does not grow on trees.
- Money alone does not make you happy.
- You can't get rich as an employee.
- The rich are getting richer, and the poor are getting poorer.
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BELIEFS ABOUT FAMILY:

- Being a father/mother is the highest fulfillment in life.
- I don't need a family.
- My family is the most important thing to me.
- I wish they were all dead.
- My family doesn't give a damn about me.
- I am the black sheep of my family.
- I owe everything to my family.
- It runs in our family.
- We are all one big family.
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BELIEFS ABOUT HEALTH:

- The body is defined by the genes.
- The mind must dominate the body.
- Health is the highest good.
- For health you must do something.
- I am more than my body.
- I must eat healthy.
- I'm not allowed to get sick.
- My body is my greatest asset.
- Everything physical is perishable.
- I am too old for that.
- I have heavy bones.
- I am just undisciplined.
- I have no time for sports.
- The body is only a vessel for the soul.
- A healthy mind lives in a healthy body.
- Health and illness are part of life.
- Sport is murder.
- Once a day, a person needs a hot meal.
- I don't have time to cook.
- How old you get depends on your lifestyle
- A rolling stone gathers no moss.
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BELIEFS ABOUT GOD AND RELIGION:

- God does not exist.
- God is love.
- God is in all of us.

- We cannot know anything about God.
- God is not interested in us.
- Faith is a poor substitute for knowledge.
- Since we do not know everything, we must believe.
- Man thinks and God directs.
- God is always with me.
- I do not believe in God.
- So far God has not contacted me.
- For me only what is provable counts.
- I hope that this life was not all.
- I have lost my faith.
- Faith is something for children and old people.
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BELIEFS ABOUT LOVE AND HAPPINESS:

- Love is a hormonal illusion.
- Happiness is passing.
- Everyone is the architect of his own happiness.
- Happiness is only a fleeting moment.
- Happiness is only for the capable.
- In view of the suffering in the world, one cannot really be happy.
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BELIEFS ABOUT RELATIONSHIPS:

- No man is an island.
- Man is man's enemy.
- Every man dies for himself alone.
- Animals are better people.
- Too much closeness is dangerous.
- As a man you must not show weakness.
- In truth, women wear the pants.
- Behind every successful man is a strong woman.
- Friendship is more important than passion.
- Passion diminishes with time.
- There is no friendship between man and woman.
- Women / men cannot be trusted.
- Men always just want sex.
- Men are only interested in their career anyway.
- Men and women are as different as day and night.
- Women always hope that they can change their men.
- The apple doesn't fall far from the tree.
- City people have lost touch with nature.
- One can also be polite and still be honest.
- One does not tell others that they are annoying.
- It takes me a long time to open up to someone.
- I don't feel comfortable in my own skin.
- I always fall for the wrong men/women.
- I don't really belong anywhere.
- As a foreigner, I am never really recognized.
- Despite my origin, I have achieved something.

- You won't change him/her anyway.
- Loyalty is overrated.
- What else can you expect after 20 years.
- I would be happier with a partner.
- I would be happier without a partner.
- Nobody takes me seriously here anyway.
- My opinion doesn't count here anyway.
- Most people only think about themselves.
- At my age I can't find anyone anymore.
- The wiser gives way.
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BELIEFS ABOUT LIFE, SUFFERING AND DYING:

- Life is not a wishful thinking concert.
- Suffering does not have to be.
- Suffering is a part of life.
- People only change, when they are under pressure to suffer.
- Limits exist only in our head.
- Mankind stands at the abyss.
- It is better not to expect too much from life.
- One dies as one has lived.
- In our family, everyone dies early.
- Death is the door to another life.
- The mind is willing, but the body is weak.
- I am an emotional person.
- I am never sure of my feelings.
- I can no longer bear the suffering in this world.
- I live below my means.
- I would like to change a lot of things, but I can't anymore.
- I am already over fifty, what can I expect.
- I hope I will die peacefully.
- I am a loner.
- I am a herd animal.
- I am a failure.
- It would be better if I were not there.
- I wouldn't join the club that takes me in.
- The world is a bleak place.
- Standing still means death.
- Change scares me.
- Everything falls into the laps of others.
- Others have it better than me.
- Things like this always happen to me.
- One should not take oneself so important.
- Trust is good, control is better.
- Pride comes before a fall.
- Exuberance is seldom good.
- Nothing is free, except death, and that costs life.
- An Indian knows no pain.
- Close your eyes and get through.
- I must fight for everything.
- I have tried everything, but it just doesn't work for me.
- You just have to make compromises.

- Cobbler, stick to your last.
- Self-praise stinks.
- I always get stuck with everything.
- There used to be more snow and more white Christmases.
- There are more and more wars in the world.
- That only works in the big city.
- Better the fun in the hand than the pigeon on the roof.
- Everything has its price.
- Everything was better in the past.
- What doesn't kill you makes you harder.
- What you can do today, don't put off until tomorrow.
- Punishment is necessary.
- If you aim high, you will fall low.
- It is better to keep your feelings to yourself.
- Do not speak with your mouth full.
- Talk is silver, silence is gold.
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BELIEFS ABOUT WORK AND ACHIEVEMENT:

- Everyone has a vocation.
- Man grows with his tasks.
- Work first, then pleasure.
- Talent is genetically determined.
- Talents can be awakened and nurtured.
- Hidden talents lie dormant in every person.
- I am not talented.
- Ability decreases with age.
- I have exhausted the possibilities in my profession.
- I work only to earn money.
- I have not yet found my vocation.
- My profession is my vocation.
- I am not one of those who have great talent.
- I have little energy for my daily life.
- My performance is my greatest asset.
- I have no talent for this.
- Math is not my thing.
- Languages are not my thing.
- Nothing comes from nothing.
- Only performance counts.
- The show must go on!
- I won't make it anyway.
- Others have already tried that.
- You don't get anything for free in life.
- Cold calling no longer works today.
- Customers are only interested in price.
- The competition is getting bigger and bigger.
- We can't compete with the corporations.
- The customer is always right.
- The market is empty.
- I hate my job. But at least it is safe.
- At my age, I can't find anything new anymore.
- It's too late to change jobs now.

- I'll never earn as much as I do here anywhere else.
- We can't do that in our company.
- The air is getting thinner at the top.
- The salary is not so important to me. The main thing is that the work is fun.
- You can't make a racehorse out of a donkey.
- Before I spend a long time explaining it to someone, I'd rather do it myself.
- You can't please the boss anyway.
- The boss is only a token woman anyway.
- A boss should be the first one in the morning and the last one in the evening.
- You can't learn to lead. You are born to be a leader.
- As a woman, I don't stand a chance anyway.
- I have two left hands.
- I am not allowed to make mistakes.
- Everything always falls on me.
- Those are the rules, there's nothing you can do about it.
- You can't teach an old dog new tricks.
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The statements you affirmed as you read through and the convictions that you spontaneously added, you now take a closer look at them one by one. And ask yourself the following questions about each belief:

- What advantages does it have for me that I believe this?
- What are the disadvantages of this way of thinking?
- What consequences would it have for my life if I continued to think this way?

If you conclude that the negative outweighs the positive, you can change the belief in question. You can use the techniques in my 'Release your Blocks' Workbook to do this. Or the following short version of it:

Start with the belief that feels the most negative. And first, visualize what negative consequences it would have on your life if you continued to hold on to it. And what other negative consequences would it have? And what else?

When you have made yourself aware of this, ask yourself what you would like to believe instead. And what thought you could say to yourself over and over again like a mantra to anchor your new belief in yourself. Ex. If you want to NOT think you're too old to start anything new anymore, but instead want to believe that you're still young enough to learn new things, you might say this to yourself over and over: "I'm too young to be unhappy for the rest of my life, so I'm open to changing things."

Finally, think of a teeny tiny concrete action you could perform to bring your new mantra to life. In my example, that might be signing up for a trial class - on a topic you don't know much about yet.

Always remember that we ARE not what we think and believe but HAVE thoughts and beliefs. We can change these at any time if we conclude that they are not good for us!