

## Beliefs

**Beliefs are generalisations about relationships between experiences.**

***“Beliefs are a form of self hypnosis. They are the guiding fictions which we repeat to ourselves so often, and with such conviction, that we forget they are simply themes in a script we have written, and act as if they were true.”***

***‘Living Magically’ Gill Edwards***

Beliefs are generalisations about causation, meaning and limits. These generalisations might apply to the world around us, to specific behaviours, to capabilities and to identity. Beliefs are usually views of ourselves or of the world which cannot easily be changed by information or reason.

1. Causation "I cannot succeed because I don't have the resources"
2. Meaning "I am a failure because I don't have the money to get the resources"
3. Identity "I'm not the kind of person who can do that"

Beliefs about the self (beliefs, abilities, self-esteem etc.,) are particularly powerful. These beliefs are recursive and describe both the person and the statement itself, so they function at two logical levels simultaneously.

For example, if I say to you "I am an honest person", the statement describes both me and the statement. (Statements made by honest persons are themselves honest statements). This is how self-referential statements tend to amplify themselves - what is often called a "self-fulfilling prophesy".

For these reasons, Beliefs will significantly impact behaviour. If an unwanted behaviour persists then you have identified a limiting belief.

Beliefs are based on experiences and can be challenged by counter example.

Beliefs about the world do not change the world's behaviour.

Beliefs about the self impact the self, both perception and behaviour.

Beliefs exist at the higher neurological levels. The lower levels of capability and behaviour will support beliefs at the higher level. In a conflict between a behaviour and a belief, the belief will usually win. Beliefs have a powerful self fulfilling effect.