

# Understanding Your Beliefs

*Excercise from The Spontaneous Healing of Belief by Gregg Braden*

<b>1</b>	On the top (B section), list the positive (+) characteristics for both male & female caretakers. This can be anyone from birth & foster parents, to older siblings, relatives, or family friends. Regardless of who they are, the question relates to those who cared for you in your formative years, until about the age of 15.
<b>2</b>	On the bottom section (A), list the negative (-) characteristics for the same caretakers. Note: remember to base your list on the way you would have seen them with the innocence of a child

*Helpful hint, use single words, concise adjectives or short phrases*

Fig 1.	Male	Female
B (+)		
A (-)		

<b>3</b>	In single words or brief phrases, list the things that were most important for you to receive from your childhood caretakers. This time when you answer the question, do so from the perspective of where you are in your life today, as an adult.
Fig 2	What did you want and need most from your caretakers?
C	

4	Describe your childhood frustrations and what you did to deal with them. Respond as you can with single words or short phrases	
Fig 3	1. Your Frustrations	2. How did you address them?
D		

**5** Discover your subconscious beliefs by completing the simple texts below that follows, using the single words & short phrases drawn from the charts above. Please bear in mind there are no absolutes, rarely are patterns so clearly defined in life that you can say this is absolutely so, or that is definitely what happened. What you are looking for here are themes and subconscious patterns that may be playing out in your life today.

**Statement 1** I sometimes attract people into my life who are (finish this sentence with the words from Figure 1 (A))

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**Statement 2** I want them to be (finish with words from Figure 1 (B))

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**Statement 3** .... so that I can have (finish from the words 2(C))

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**Statement 4** I prevent myself from getting this sometimes by (finish with words from Figure 3 (D2))

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**Statement 1** helps you recognize that you sometimes now or have in the past attracted, people into your life with the very characteristics that you least liked in your own childhood caretakers. While it may not be a conscious choice on your part to find such individuals, it's no coincidence either. Because you perceived these qualities as negative when you were a child and had a strong aversion to them then, you created an emotional "charge" on them. Your dislike for the negative quality (such as criticism or being ignored) becomes the magnet that draws it right into your life as an adult.

Of course, these characteristics often are overshadowed by other, preferred ones that you're also drawn to in a positive way. This is common in romantic relationships and friendships, where early on we tend to see only the favorable attributes that we want to see. An initial attraction of romance or trust lures us into a relationship that will ultimately ignite our deepest and strongest aversions.

This may be why it's not unusual in the heat of an argument to hear the comparison of our friend or partner to our mother, father, or another childhood caretaker. It honestly feels that way because our adult relationships are mirroring the full range of our caretakers' responses to the world. On a subconscious level, we may develop the belief that those with "bad" qualities are bad people.

**Statement 2** helps you see that the things you often expect from others are the very qualities that you considered good or positive in your primary caretakers. So it's not surprising that the expressions of love, nurturing, caring, and thoughtfulness that you look for in your most intimate relationships are what you perceived as positive early in life. They were beneficial to you then, and you still see them that way as an adult. You believe that they're good and that those who possess these qualities are good people.

**Statement 3** brings an awareness of the things that you want and need most in life from the perspective of a child. Ultimately the answer to this question illustrates that while you may be grown up now, you're still searching for essentially the same things that you sought when you were young, , only now you typically go about getting them in more sophisticated and adult ways

While Statements 1-3 are interesting and may shed some light on patterns in your life, **Statement 4** is the main reason for doing this exercise. It suggest that subconsciously you may actually be short circuiting the great joy and accomplishments that are possible in your life by trying to get your needs met using updated versions of the techniques that you learned as a child.