Toxic Beliefs Workbook

Identify, Understand and learn to Defuse the Toxic Beliefs taking hold of your life.



All the Whys

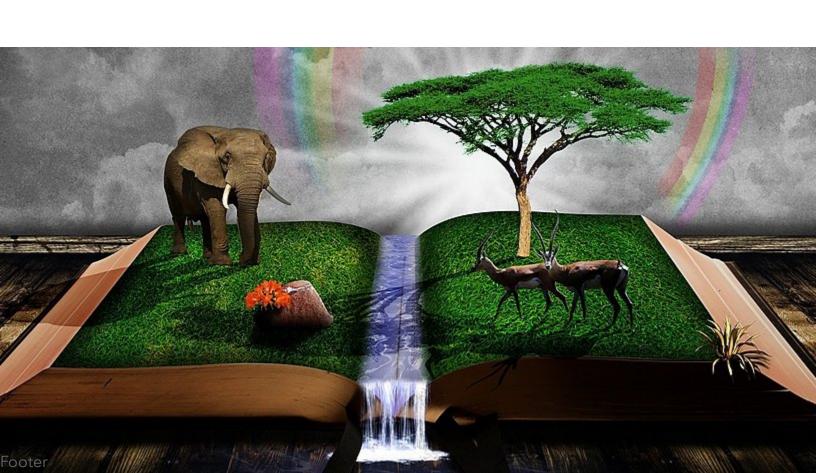
There are actually not those many whys, but one heavily underrated one:

You (yes, you as well) are a.... HUMAN BEING.

Yup, no way out.

Let it sink for a bit... to truly appreciate what it means:

- it's NOT about you.
- it has NEVER been about YOU.
- it's about a whole species.
- It's about how we are ALL wired as human beings. And that's OK!



The thing about our Belief System

Our Belief System exists for a reason. You can consider it a sort of **cheat sheet of your life**.

Only what matters the most sticks.

Our brain is not capable of remembering all information we come along, and process it all on the fly. We need a sort of "summary", a cheat sheet that helps us remember what truly matters without even having to think about it.

A sort of life compass to our biological imperative: survival through safety and acceptance. Easy peasy.

Too bad that modern society has changed most of the things our brain is wired for: few core rules, community and connection, few shared values, a clear role and purpose.



Where does it come from?

Our belief system shapes itself in our early years from family values, family beliefs, labels, societal norms, experiences, traumas and more. At an age in which we are mostly unconscious, driven by our limbic system, with little to no emotional regulation, and look up to our caregivers to understand who we are!

What could go wrong?!

Beliefs can be positive, neutral and negative. **Negative** beliefs can be limiting and toxic, especially when aware of how the brain works.

They can affect many different areas of our life, and be about pretty much everything: ourselves, other people, life, the world as a whole, family, suffering and so on...



What is a Toxic Belief

A Toxic Belief is a belief that is in the way of a peaceful and meaningful life.

And it's SO much more than that.

Research shows clearly how our human brains:

- **see mostly what they expect** (ie they don't see what they don't think is possible... be it a loving partner or a once-in-a-lifetime opportunity)
- surround themselves of people fitting their view of the world (narcisists hoarding anyone?)
- have a strong negativity bias (we are wired to see danger, not to mindfully smell at flowers)
- **defend the status-quo ferociously**, no matter how unhappy we feel (it's about survival, and change is a threat to what has kept us alive)
- **create the life we feel we deserve** (subconsciously, of course) -
- manifest shit whenever we can (just my personal experience)



How it works...

Toxic Belief

Thoughts

Emotions

Reactions

Result!!!

The thing about Language

The thing is: we think. All the time.

And the thing is: our human brains create networks of words, images, emotions and bodily sensations.

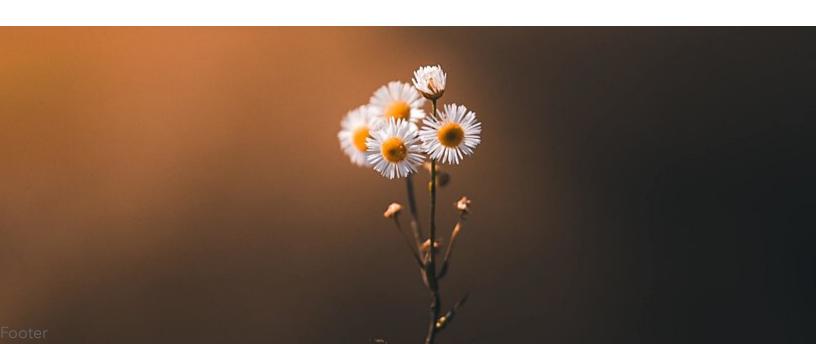
ALL CONNECTED with each other. It's a super power really. When it doesn't act out.

We can see a sunset. One in a thousand sunsets. And be suddenly immersed in a blissful memory from a distant past. Or the terrifying memory of our worst trauma.

In the blink of an eye.

This network exploded at the same pace as language. We think a word. And that word comes with its own baggage of images, memories, emotions and stuff.

And there we are, stuck. In the pain of the past. In the worries of the present. In the uncertainty of our future.



What is your relationship with thoughts?

How often do you get stuck in the past or the future? How hard is it to get back to the present? How does this affects your mood?

You can also take the QUIZ OVERHERE!

Jot	down	whate	ver	comes	to	mind
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Answer here	

Cognitive Fusion

A fancy name, for something quite straighforward: how much do you buy into your thoughts?

How much do you just give them for true?

How much do you believe them when they say hurtful things?

How much do you follow them in a downward spiral of self-inflicted pain?

How much do you even avoid them, not to feel that pain?

How much do you struggle with their meaning?

There's a short and funny quiz for you to figure that out (coming soon).

Take the QUIZ!



Your toxic beliefs related to Self

I am	
Answer here	
I am not	
Answer here	
The worst thing a	about me is that I am
Answer here	
If my	was not such a problem for me, I would
Answer here	
If I was not	, I would
Answer here	

Your toxic beliefs related to Others

People are		
Answer here		
People cannot be		
Answer here		
My mother is	, while my father is	
Answer here		
If the people close to me were	, I would	
Answer here		
If people were more	, I would	
Answer here		
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Your toxic beliefs related to Life

Life is		
Answer here		
Life is not		
Answer here		
Life will never be	for me	
Answer here		
If life was	, I would	
Answer here		
If life was more	, I would	
Answer here		

Your toxic beliefs related to the World as a whole

The world is	_	
Answer here		
The world is not		
Answer here		
The world will never be		
Answer here		
If the world was	, I would	_
Answer here		

Your toxic beliefs related to pain and suffering

Pain and suffering are	_
Answer here	
Pain and suffering are not	
Answer here	
A life with pain and suffering is	_
Answer here	
If my pain and suffering were not	, I would
Answer here	

The Parts holding the Toxic Belief

For each Toxic Belief you have

Chances are that one or more parts are holding onto one or more Toxic Beliefs (remember: the Self does not hold beliefs). They are triggered when they are threatened (ie you are fed up with them and want to change things for the better) and generally protecting them as if your life was at steak (because to them, it is).

For each Toxic Belief you have

identified, what Parts do NOT resonate with them most?
Answer here

Bring gratitude and compassion to your parts... in the understanding of how hard it must be to work SO hard while causing all that suffering... just because they don't know any better.

Answer nere

If it's not a part you know...

If no part seems to resonate with a Belief, then it's probably hold by a new part. You can connect with it by simply asking your questions directly to the Toxic Belief.

If this Belief was an object, how would it looks like? How close/far would it be? How fast and powerful would it be?

Answer here	
Where bodily sensations you feel them the most?	ed with this Belief? Where do breathe into it.
Answer here	
	t want for you? When is the appen if they stopped doing it?
Answer here	

That's it folks

The part with the defusion techniques will be added here a bit at a time!

