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How to Dismantle Beliefs Through The Inventory Process

BELIEF INVENTORY

A belief is a statement that we use that something is true whether it is actually true or not. Sometimes we don't even realize that we are operating from a particular belief but the thought, the belief triggers a series of emotional reactions and behaviors that we live out without even realizing that the belief is not true or it is a distorted idea from an experience or something we learned.

- 1) **MY BELIEF:** I will never have the relationship that I want.
- 2) How do I feel because of it? How do I act? How do I treat others? How do I treat myself? Does God exist for me when I believe this?
 - I feel like my heart breaks every time I have that thought.
 - I act entitled and mean.
 - I judge others and block my love.
 - I stress myself out.
 - God does not exist when I think this thought.
- 3) Survival Instincts - Read 12&12 Step 4 on Bill W's writing about survival instincts - this belief came out of an experience that was painful in one or more of these areas
 - **Personal Relations:** Wanting love, connection, acknowledgment, approval
 - **Sex Relations:** Intimacy
 - **Self-Esteem:** How I feel about myself
 - **Pocketbook:** Money, valuing myself
 - **Pride:** How others see me
 - **Ambition:** How I feel about my work
 - **Security:** Do I have internal security and connection w/ God or do I make a person God, letting them determine my security?

The survival instinct triggered by this belief is: Personal Relations, Self-Esteem, Pride, Security

- 4) This is how this belief has protected me. (I also didn't have God to turn to to feel my true power.) If I didn't have this belief and was honest, this is what I would say and do.
 - This belief has protected me by allowing me to blame others and not risk my vulnerability and tell the person I have feelings for them. I self-will myself into stress not turning this desire over to God.
 - I would connect with the person I have feelings for and honestly share what is in my heart. I would feel like I was living more honestly and joyfully because I have the power to speak my truth.