BELIEF SYSTEM ASSESSOR

"Much of what we encounter is imperceptible"

What do you believe?

All of us have our own set of beliefs that shape our lives. They affect what we think about ourselves, others, and the world at large. As such they greatly influences our emotions and actions.

A belief is something that we consider to be a fact. Whatever is factually correct is irrelevant in relation to what we assume to be true. As such, our beliefs creates a prism through which we view the world and interpret our daily experiences.

Naturally, to gain greater clarity about our perception, it makes sense to pay our belief system a brief visit. This is in no way intended to evolve into a deep philosophical exploration of theology or anything of the sort. In fact, our beliefs span different facets.

In much the same way we're distinguishing our personal values from our belief system, we'll also attempt to distinguish our belief system from those that intersect with our self-esteem, be those enabling (positive) or limiting (negative) beliefs. For example, one person may believe they're intelligent or hardworking while another may consider themselves stupid and lazy. This Belief System Assessor also excludes acquired fears, such as that all dogs are dangerous or that airplanes are not a safe way to travel.

Simply put, this Belief System Assessor is specific to its impact on our perception in relation to that about the outside world and life in general.

We rely on our belief system to provide a set of principles to form the basis of our religion, philosophy and moral code. These extend to our perspectives about science, technology, education and beliefs about bias, such as conspiracy theories. It is not always an easy task to identify one's core beliefs.

It can require a great amount of introspection. When we are born, we enter this world with a clean slate and without preconceived beliefs. Most of our core beliefs are formed when we are children, most often by our parents, teachers, clergy as well by environmental factors.

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While our core personal values are more "hard-wired" in terms of who we are, many of us are more open-minded to shift our perspective about certain beliefs. This may relate to the discovery that any number of our prior beliefs did not hold true. As children, we are impressionable and trust others to tell us what to believe. At one time, we may have believed in Santa Claus, the Easter Bunny and the Tooth Fairy. Unfortunately, we eventually learn that not everything we've been told to be true is true.

As we enter young adulthood and "have a mind of our own," we begin to rely more on our experiences and deductions. Even as adults, it's not always an easy task to identify one's core beliefs. It can require a great amount of introspection, in some cases with the result being "I don't know what to believe."

Naturally, the most prevalent facet of our belief system is the level of one's religious faith. There is no greater or variable "filter" for our perception in how we interpret and what motivates our daily life. It especially shapes our family traditions and community involvement. Respectfully, this is a very personal choice that needs no further exploration for our purposes.

However, it merits noting that, by extension, one's faith also significantly impacts most other facets of ones' belief system – as indicated in the following activity.

ACTIVITY

You are this week's special guest on "Insights to Live By – The Podcast." Like most other guests, you are surprised to find host Matt Zinman display the "Wheel of Insights" on which there are 12 random questions as a fun way to get to know you better. Except, in this case, the questions are less random and focus exclusively about your beliefs.

Please answer each of the following as if you were on air, which is to say you do not have the opportunity to overthink anything. Respond affirmatively with yes or no and explain why that's what you believe. Just go with it. You'll do AWESOME!

Q1: Do you believe in luck?

Q2: Do you believe in fate/destiny (preordination/predestination)?

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BELIEF SYSTEM ACTIVITY – CONT'D

Q3: Do you believe in Karma?
NOTE: *Defined as how a person's actions, whether good or bad, will often have consequences for that person. Sometimes described as, "what comes around, goes around."*

Q4: Do you believe in coincidences/serendipity?

Q5: Do you believe in an afterlife? If so, what is that?

Q6: Do you believe in astrology/horoscopes, palm reading, Tarot cards?

Q7: Do you believe in the supernatural? (angels, demons, spirits)
NOTE: *Defined as places and events beyond the scope of scientific understanding of the laws of nature.*

Q8: Do you believe in inexplicable human abilities? (magic, telekinesis, precognition, psychics, extrasensory perception)

Q9: Do you believe in UFOs / aliens / life of other planets?

Q10: Is there anything else in which you believe not addressed by the previous questions?

Hey, nice going! You're a fantastic show guest! I hope you had some fun thinking through these questions and enjoyed the experience. Come back any time!

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