



Working with Beliefs in Brief Therapy

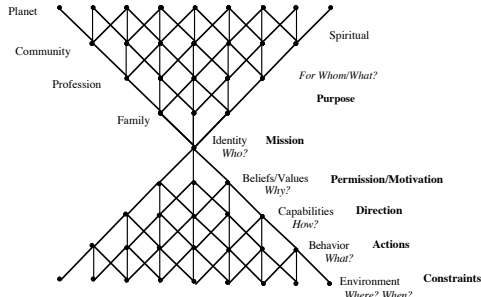


Robert Dilts


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Building a Winning Belief System

A **winning belief system** helps people to experience:

- an expectation of a positive future
- a sense of capability and responsibility
- a sense of self-worth and belonging



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Basic Beliefs Assessment

In order to get through the current crisis, which belief(s) would be most important for you to personally strengthen?

My outcome is important and worth it.

It is possible to achieve my outcome.

What I am doing will work to achieve my outcome.

I am capable to do what needs to be done to achieve my outcome.

I deserve to achieve my outcome.

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Installing/Calibrating a Belief

| | | | | | | |
|--------|---|---|---|---|---|--|
| Head: | 1 | 2 | 3 | 4 | 5 | |
| Heart: | 1 | 2 | 3 | 4 | 5 | |
| Gut: | 1 | 2 | 3 | 4 | 5 | |

Say the belief out loud and check your degree of confidence in your head, heart and gut.

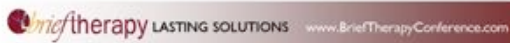
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Strengthening Belief

You can strengthen your belief in areas of doubt by considering the following questions:

- 1) What inner resource do you need in order to be more congruent or confident?
- 2) Who would be your mentor or role model for that resource?
- 3) Put yourself into the "shoes" of that mentor or role model and look at yourself as if you were the mentor. What message or advice would that mentor have for you?
- 4) Return to your own perspective and receive the message.

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