

Follow The Arrows to See How We Become Unconscious

From Arron Beck (Beck's Cycle) www.JulieVisnich.com

Event occurs:

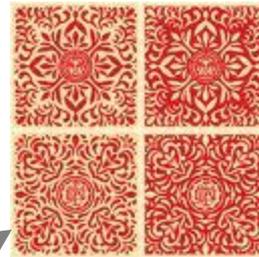
Hunger, war, mom leaves, explosive father, parents too busy, sibling dies, etc.



We Have Thoughts about it: I'll never have enough. I'm never safe. I can't trust men/women. I'm not interesting enough for people to pay attention to me, I can't *HANDLE* it. **Those become Forged into beliefs and assumptions:**



Sometimes there is no smoking gun, or 1 big event- it's more subtle- just a feeling from before we had words... It doesn't really matter. (What matters is what we do NOW)



Now I have a pattern: It's automatic, set – **UNCONSCIOUS** It's a core belief that lives in my subconscious



Scan the Horizon Constantly: Laser in, only on the information that supports my assumption- even if I have to set it up (actually **make** it happen on an unconscious level, even if I have to shield myself from knowing 95% of all evidence to the contrary)



My channel is carved: The water flows easiest where the channel is. To change the channel (have more choices) I change my thinking.

Just Notice: The beginning of change, of freedom, of more choices, is just to notice- watch almost as if from outside of yourself, and wonder... Hmm

Go to the next page to see how these beliefs rule us

The Laws Governing Core Beliefs

Core beliefs are hard for you to detect because they seem like blatantly obvious Truth. Your brain automatically filters out and forgets any counter evidence, and carefully retains any supporting evidence for the belief. You will always attempt to prove to the world that the core belief is not true, while simultaneously trying to prove to yourself that it is true. There are three laws governing core beliefs:

LAWS of Core Beliefs

The law of Attraction: You will tend to attract people to you who will act according to your belief. e.g. you will tend to seek out or attract people who will tell you that you are ugly, smart, dumb.

The law of Projection: You interpret other's behavior to be what you believe. e.g. if anyone rejects you, it must be because you are too ugly, smart, dumb

The law of Manifestation: You set others up to act as you believe. You put others in situations where they are likely to say that you are ugly, smart, dumb.