

## Beliefs the Hidden Drivers Behind Habits, Cravings, and Addictions

For this exercise, think of your unconscious mind as a highly skilled supercomputer. Our unconscious mind is very quick at processing information, much quicker than our conscious mind. Because we are looking for the answers held in the *unconscious mind*, you'll want to pay attention to the *very first answers that come to mind*. Even if the answers don't make sense or even if you consciously don't believe it.

List the habits and cravings that are getting in your way on the left, and in the right column, list the effect of the habit or craving.

The problem: habit, craving

The Effect of the habit, craving

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Now using fill in the blank method, ask yourself the following 3 times, pausing each time for an answer. Notice your first responses and write them in below.

This Habit or Craving Means:

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I need this (problem) in order to:

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These are just beliefs, or ideas. We can tell they are not the rules of life, because they aren't true for everyone. For some people, losing weight can be easy, for some people, maintaining their ideal weight is natural, for some people, exercise is more fun than 'hard'.

You can also identify beliefs by paying attention to the associations you have with words and meanings around the problem. As you go through this list, pay attention to the first things that come to mind.

Our unconscious mind is much quicker at processing information than our conscious awareness, so noticing the first responses will tell you what your unconscious mind is holding in place. Asking yourself the same question 3 times will also help bring up the layers of these meanings for you.

### **Identifying Your Beliefs**

Weight Loss is:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Eating Healthy Means:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

I have to carry extra weight so that

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Being Thin Means:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Being Fat Means:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

To let go of the weight I would have to:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Extra weight keeps me from

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Extra weight saves me from

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Beliefs often sound like absolutes – as the rules of life or how the world works. One way to soften them up is to change how we word them. For example, going from the belief “Weight Loss is hard” to “Weight Loss is Easy” may be too big of a jump, it may just sound like we are lying. However, when we add the word “can” and say “weight loss *can* be easy” it opens up the possibility of it being easy.

This is a very basic level of softening up old beliefs. Pay attention to how you talk about it, and changing how you talk about it will begin to change how you think about it, which then changes the feelings you have.

### **Re-Phrasing Beliefs: Change your Words**

Write your beliefs about weight loss below and then underneath it, write what you would rather believe. Use words that create the space for the possibility of the new belief. Just by changing how you talk, you can begin to create the change.

For example: If my old belief is weight loss is hard, I can change it to weight loss *can be* a natural and easy process.

1. My old Belief: \_\_\_\_\_

My New Belief: \_\_\_\_\_

2. My old Belief: \_\_\_\_\_

My New Belief: \_\_\_\_\_

3. My old Belief: \_\_\_\_\_

My New Belief: \_\_\_\_\_