

EXPANDING YOUR BELIEFS

Minds are like parachutes; they only function when open, and this exercise will help you to keep an open mind. When you change your thoughts, you change your world, so use this page a lot.

There may be times when our beliefs do not support us and our efforts to grow as well as they could. They may limit us in what we would like to accomplish or the way in which we would like to proceed. When this is the situation, an examination of that belief and what is doing for us, or not doing for us, is most beneficial. Analyzing how our success could be enhanced by expanding our beliefs is a very powerful step to take in developing new behaviors. Example: Believing that I'm too old to learn about computers may keep me from taking a computer course and discovering software for scheduling appointments, that will work for me better than the system I currently use. The following exercise is designed to help you expand any limiting beliefs you may have and allow for personal growth.

Step #1. List below any beliefs that you think may need to be expanded for you to grow and succeed at coping with your AD/HD.

Step #2. Analyze each belief listed above by asking yourself the following questions of each belief.

- Does this belief enhance my ability to successfully cope with AD/HD?
- What is this belief doing for my ability to cope?
- What are some of the things I am doing based on this belief that are limiting my ability to successfully cope with AD/HD?
- How does this belief help my ability to cope with AD/HD?

Step #3. After the above series of questions, you may start to doubt your old belief some. Continue exploring and questioning this belief with the following questions.

- Is my old belief true under all circumstances?
- Does everyone else believe this?
- If not, why not?
- What circumstances and situations do not fit with my old belief?
- What other beliefs have come and gone over the years regarding this subject?

Step #4. Now ask yourself the following questions.

- What would I rather believe?
- How will my ability to cope successfully with AD/HD be enhanced with this new belief?
- How might my ability to cope successfully be impeded with this new belief?
- What is the best thing that could happen based on my old belief?
- What is the best thing that could happen based on my new belief?
- What could stop me from wanting to adopt this new belief?
- How will this new belief benefit my sense of self?

Step #5. Replace the old belief with the new one, being sure to keep the benefits of the old belief, as you integrate the new belief with your sense of self.