

A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



This month's technique

Core Beliefs

How they hold us prisoner!

Offered by:

Anna Manning
MBA, MS, Life Coach

Anna@AnnaManning.com www.AnnaManning.com
830-964-4037

Core beliefs are long, unending ruts in life. The automatic habits and behaviors that we no longer pay attention to are like deep grooves in a vinyl record. Every time we play that record, the needle slips into that groove, and the same old, same old plays again. We are usually not aware of these beliefs. Nor are we aware of how they sabotage our lives, until we take the time to reflect on our behaviors.

One core belief usually learned from childhood is that food is a reward; that is, our parents may have used food as a bribe to leave them alone or to get us to do something. Think back for a few minutes to your childhood. Were you given candy to be quiet? Were you rewarded with an extra dessert at dinner if you were good that day? Or perhaps food was withheld from you when you were bad. *"No dinner for you tonight, Johnny! Go to your room and think about the bad thing you did today!"* Food should be used to nourish the body, never as a reward or punishment!

Other core beliefs may include the following:

- ◆ Don't waste food! (So you eat everything on your plate even if you are full.)
- ◆ Your mother took the time to cook this meal, and if you don't eat it all, she won't feel that you love her or respect her. (So, if you don't finish your meals, you feel guilty.)
- ◆ This buffet costs me a bundle, so I have to eat a lot to get value for what I paid! (If you don't stuff yourself, you'll feel cheated because you paid for all this food!)

- ◆ My Mom shows her love by cooking for me. I feel loved when I eat. (Food has been linked to feeling loved.)

So, how do we change a core belief?

Step one: First and foremost, is to shed light on it, to recognize it for what it is: an erroneous line of programming in our brains, a mere perception, not reality.

Step Two: Simply to do something differently long enough for the old programming to fade. Memories of habits are stored in our brain, and they will begin to fade when we no longer access them or act on them. The difficulty in this lies in the fact that our core beliefs are acted upon automatically. This means that those memories are accessed without our even thinking about them. As long as they get accessed, they get strengthened. Noticing our sabotaging behavior, shedding light on the core belief behind that behavior and changing the automatic behavior will heal us from the old ways.

The more emotionally charged a memory is, the more difficult it is to remove the power it has over us. Remove the emotional attachment, and the power dissipates. Remove the emotional attachment you have to eating everything on your plate, and you will be able to stop eating when you are full.

Excerpt from Weight Loss: A Quick Reference Guide by Anna Manning