

## BELIEFS/VALUES/RULES QUIZ

We are all products of our conditioning until we make conscious choices. When we accept what we are told unquestioningly we pass along limiting beliefs, myths and half-truths without even realising it.

*Tick the statements you regularly think or say to yourself or others.*

A.

- You need to talk over an idea (or consult) with someone else before making most decisions
- You worry about what people will think of you
- You make important choices (e.g. career) based upon what other people say you should do
- Your choices are influenced by what you think you should do
- You pretend to be better off than you are
- You refuse to conform
- You brag
- You dress to impress
- You need to be praised/acknowledged

Total A. answers \_\_\_\_\_

B.

- There is never enough money for me
- There is never enough time for me
- No-one thinks about me
- No-one does anything for me
- I'm not good enough
- I'll never be able to do that
- What will people think
- I'll look like a fool
- I don't like myself
- I don't trust my own judgement
- I'm not intelligent enough
- No-one loves me
- I don't deserve it
- I feel like no-one ever listens to me
- I'm an idiot (or anything similar)
- I have to do everything for everyone
- I can't trust anyone else to do things right
- It's impossible for me to have what I want
- I don't have a good enough education

Total B. answers \_\_\_\_\_

C.

- People should be kind to each other
- I expect loyalty from family and friends
- I cannot accept certain behaviour in others
- I cannot accept certain behaviour in myself
- I have to look a certain way in order to feel good about myself

- I have to have a certain amount of money in order to feel good enough
- I have to be better than everyone else
- I always have to be on time
- I have to be in control or I don't feel safe
- I expect support from my family or friends
- When you do something to help others they should be grateful
- I have to help my adult children
- I have trouble saying 'no'
- People should pay their bills on time
- I can't relax until everything is done
- Children should leave home by a certain age
- People should be responsible with money
- I shouldn't have to do.....

Total C. answers \_\_\_\_\_

- A. represents how much you are influenced by other people,
- B. represents your beliefs,
- C. represents your rules.