

# Recoding our Beliefs

## Class Summary

- We carry around with us narratives about who we think we are, which can be engrained in us from years ago
- This might be, "I'm not good enough, I'm not lovable, I'm not safe, I'm not perfect" or "It must turn out this way", or "I must be this way"
- We can recode our beliefs firstly by map drawing, checking whether our thoughts are true
- Then, we can utilise our physiology to calm us, by engaging our parasympathetic nervous system
- We use our breath, especially the out-breath, to relax our body, which acts as our armour, trying to defend the image of the person we think we are, or must be, in order to survive
- We soften our armour with each breath, feeling our muscles relax
- Ask yourself the question, "What if I don't cling on so tightly to my preferred outcome, image of myself, or state of being?" - Can that still be okay?
- If you let go of the narrative, you can learn to live with more freedom and feel less stressed
- You needn't cling on so tightly to a preferred outcome
- Remember to tell yourself, "I'm only human, I'm doing my best, this is difficult"
- By changing the narrative of what you're identifying with, you can change the story of who you are