



# Digging Deeper

Digging Deeper is a tool for exploring thoughts and beliefs that don't feel good and that you think might not be serving you. Since your beliefs inform your decisions, influence your behavior, and affect how you feel about yourself and others, it's important to make sure the beliefs you're living by, actually serve you.

It can be difficult to identify your own beliefs, because if you've believed something for a long time, you've collected a lot of evidence to support that it's true. However, beliefs are often self-fulfilling prophecies. In other words, you only tend to see evidence of what you already believe, which makes you blind to evidence that contradicts your beliefs.

This is why Digging Deeper™ is a *bonus* section. You'll probably only be interested in it, if you find yourself identifying beliefs that might not serve you during the Pillar Program. If you attend the live sessions, your Pillar Guides will help you identify beliefs.

Once you identify a belief that doesn't serve you, you'll want to find something with which to replace it. The activities in this section will help you:

- Identify beliefs that don't serve you
- Find a new way of looking at those beliefs
- Choose better-feeling beliefs

## TIPS FOR IDENTIFYING BELIEFS:

When you notice you're triggered or overreacting, you can:

- Ask yourself what it means about you. Finish this sentence: *"This is so upsetting to me, because it means that I \_\_\_\_\_."* You will probably find that you have made some kind of negative judgment about yourself.
- If you're triggered by someone else, ask yourself what his/her behavior means about you. Your first impulse is to make a judgment about what their behavior means about *them*, but you wouldn't be upset if you didn't think it means something about you too. *"The fact that anyone would behave this way towards me means that I must be \_\_\_\_\_."*

For example: "The fact that my own mother would treat me that way must mean there's something wrong with me."

- See if you can write a "should" or "shouldn't" statement about it. "Shoulds" and "shouldn'ts" indicate beliefs, and often judgments, which sometimes serve us but often *don't*.

Don't worry if you don't understand all of this. That's what the live sessions are for — the Pillar Guides can teach you what you need to know. But for now, just do as much as you feel curious to try.



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A belief is just a thought that is affecting your life in a significant way. You don't have to continue believing things that don't feel good. You can shift your focus to better-feeling beliefs, which leads to: **better-feeling behaviors, better-feeling decisions, and better-feeling responses to stressors.**

## MY NOT-SO-GOOD FEELING BELIEF: \_\_\_\_\_

How does this belief make me feel? (What emotions come up for me when I think about it?)

In what ways is this belief affecting my life (including my behavior and decisions)?

When do I not feel distressed by this belief?

## IS IT REALLY TRUE? Is this belief a **FACT** or is it **MY OPINION**? [CIRCLE ONE]

Is there anyone who would disagree with me about this? If so, who and why?

Can I think of a circumstance in my own life or in someone else's, which would disprove this belief?

In what ways does this belief serve me? (How might it be helping or protecting me?)

In what ways does this belief NOT serve me?



How would my life be different if I didn't believe this?

Is it possible that there is another way to look at this belief that is also true and feels better?  
If yes, what is a better-feeling way of looking at it?

What is the most compassionate thought I have about myself and/or others regarding this belief?



## TOOL EXAMPLE

# Digging Deeper™

**MY NOT-SO-GOOD FEELING BELIEF:** Donna should be more supportive

How does this belief make me feel? (What emotions come up for me when I think about it?)

It makes me feel angry. I feel alone and rejected like I've done something wrong.

In what ways is this belief affecting my life (including my behavior and decisions)?

I am short with her. I harbor resentment. It comes out in my tone of voice and how impatient I am with her at times. I have distanced myself from her. I don't call or reach out as often as I used to.

When do I not feel distressed by this belief?

When I'm not thinking about Donna or when I think of the good times in our relationship.

**IS IT REALLY TRUE?** Is this belief a **FACT** or is it **MY OPINION**? [CIRCLE ONE]

Is there anyone who would disagree with me about this? If so, who and why?

Donna. She may think she's supportive. She's called and sent emails. And my mom says she thinks Donna IS being supportive, but not how I expect, because I haven't told her how. She can't read my mind.

Can I think of a circumstance in my own life or in someone else's, which would disprove this belief?

Donna helped me through a rough time once and was really supportive. She truly understood. And once I thought I was supporting my husband, but I wasn't — not until he told me what he really needed.

In what ways does this belief serve me? (How might it be helping or protecting me?)

Believing that Donna should KNOW what I need, keeps me from taking the risk of asking and feeling rejected if she says, 'no.' I also get to blame her for my needs not being met.

In what ways does this belief NOT serve me?

It doesn't serve me because it makes me resent her and she's a good friend. It makes me treat her poorly and drives a wedge between us.

How would my life be different if I didn't believe this?

I wouldn't feel so angry and disappointed. I'd probably feel grateful for what she IS giving me. I could communicate openly and honestly and find out what she thinks and feels, too.

Is it possible that there is another way to look at this belief that is also true and feels better?

If yes, what is a better-feeling way of looking at it?

What I'm going through is really big. Maybe she has just been afraid of saying or doing the wrong thing and hurting me because she loves me so much. I need to ASK for what I need.

What is the most compassionate thought I have about myself and/or others regarding this belief?

I know she cares about me. We love each other. I just need to talk to her and tell her what I need.



# Choosing Better-Feeling Beliefs

Beliefs are just thoughts, for which you've collected a lot of evidence. It's possible you believe things that aren't true anymore. It's possible that you believe things that were *never* true.

You have a choice about which thoughts to believe. You can choose *better-feeling* beliefs by collecting evidence that supports them.

Example:

**OLD BELIEF:** No matter how hard I work, I never have enough money.

**NEW BELIEF:** There must be a way to improve my financial condition.

**EVIDENCE:**

1. I have as much going for me as other people I know, who have figured it out.
2. There was a time when I had enough.
3. I actually haven't given any creative thought to how I might improve my situation lately.

**OLD BELIEF:** \_\_\_\_\_

**NEW BELIEF:** \_\_\_\_\_

**EVIDENCE:**

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

**OLD BELIEF:** \_\_\_\_\_

**NEW BELIEF:** \_\_\_\_\_

**EVIDENCE:**

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

**OLD BELIEF:** \_\_\_\_\_

**NEW BELIEF:** \_\_\_\_\_

**EVIDENCE:**

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

**OLD BELIEF:** \_\_\_\_\_

**NEW BELIEF:** \_\_\_\_\_

**EVIDENCE:**

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

**OLD BELIEF:** \_\_\_\_\_

**NEW BELIEF:** \_\_\_\_\_

**EVIDENCE:**

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