


Beliefs Systems and Behavioural Drivers

Examples of believes that may influence your eating behaviour

Driver Beliefs system	Does this driver present in your beliefs system? Yes/No	If yes, rate, the intensity 1-10 (10 = the strongest)	Replacement Driver What would be a better beliefs system?
I can't do it – I will fail			
I am worthless			
I must be a perfect Wife, Husband, Friend etc.			
I can't stand it when people don't show me the respect I deserve			
I can't stand it when I am ignored			
I should always say what I think			
I ought always be completely in control			
I should never allow myself to be tired or sick			
I shouldn't let anyone know there is something wrong			
I should never allow myself to feel certain emotions			
Others will not support me			
I must meet other's needs			
I can't exercise self control			
One must strive for perfection			
I am different, undesirable, I don't belong			
I am unacceptable and unlovable			
I can have whatever I want			
I've been abandoned – I'll be alone for ever			
I can't cope I need someone or something to rely on			
I'm bad – I deserve to be punished			
I don't like it – I'll occupy myself or ignore it			
I need more love than I get			
In the end I will be alone			
I worry a lot that the people I live will leave me			
I feel unattractive – fat, thin, tall short, ugly etc.			
The people I want as friends are all better than me			
I can't do anything right			
<i>(Insert your belief)</i>			

Examples of Unhelpful Thinking

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

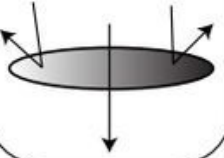
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

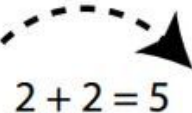
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count


Jumping to conclusions



There are two key types of jumping to conclusions:


- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.


I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser

I'm completely useless

They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.