

## The Mirror Concepts Tasks : Week 2

### Task 2 : Identifying and Changing Your Ideas

Task 2A: Exploring Our Ideas: Describe your beliefs about the following aspects of life, using Jenny's example to guide you. **Write as many statements as you can for each area (Jenny only gives one example). Keep them simple.**

SUBJECT	YOUR IDEAS: Jenny's Sample
<i>The World in General</i>	<i>It's a cruel world because people are generally out for themselves.</i>
<i>People are Inherently Good or Inherently Evil</i>	<i>People will do evil if law and order break down.</i>
<i>Only the Fittest Survive</i>	<i>This is true. You have to be strong to survive in the world.</i>
<i>We Live in a Chaotic World</i>	<i>I need to plan ahead to keep myself safe.</i>
<i>Money is the Source of All Evil</i>	<i>Money makes people act horribly.</i>
<i>Power Corrupts</i>	<i>People turn nasty when they have power.</i>
<i>Organized Religion</i>	<i>It restricts people.</i>
<i>Girl-Power</i>	<i>It's a myth. Women have no real power. It's a man's world.</i>
<i>Children</i>	<i>They are vulnerable creatures.</i>
<i>Sex</i>	<i>It's used by women to gain power over men.</i>
<i>Relationships Between Men and Women</i>	<i>It's always a power struggle.</i>



**Task 2B: Exploring the Effect of Our Ideas:** Take the statements from Task 2A and work with each one (one at a time) in the table below to focus on the effect we have on others.

### Jenny's Sample

<b>IDEA STATEMENT</b>
<i>It's a cruel world because people are generally out for themselves.</i>
<b>'I' STATEMENT AND EVIDENCE</b>
<i>I am out to help myself and the evidence is in the fact that I won't help others if I can't get something in return. I always calculate the cost when someone asks me for something, and if I do what they want, I always make sure there are conditions. It's not a cruel world. This belief is cruel and it makes me cruel.</i>
<b>RESULTING ATTITUDES: As a result, I have these attitudes towards people</b>
<i>I am suspicious of others, especially when they want to do something nice for me. I always imagine it's because they want something for themselves. I always look for the angle and try to fish out what they want from me.</i>
<b>RESULTING BEHAVIOURS: And this is what I do....</b>
<i>I don't allow people to do anything for me as I don't want to feel obliged to them. I trust John, but sometimes worry when he gives me gifts, because I wonder if he's done something wrong, or if he's after something else (like sex). I'm usually sarcastic, asking, 'What are you after now...' or something to that effect.</i>
<i>I do a lot for others, but I expect them to be grateful and to do things in return. I always remember that people 'owe' me a favour</i>
<b>HOW MY ATTITUDES AND BEHAVIOURS AFFECT OTHERS:</b>
<i>John doesn't believe I need him, and sometimes says that I don't appreciate what he does for me. He feels hurt by this.</i>
<i>My mother has said to others that she wants to make up for the past, but that I don't let her. She sometimes wants to take me out and buy me things but I won't have it. She feels helpless and guilty.</i>
<i>John confided that his mother felt that she could only do things for me if there was an occasion, e.g. birthdays, anniversaries etc.</i>
<b>THE OVERALL IMPACT OF THIS BELIEF ON MY LIFE</b>
<i>I don't have close friends, and am not as close to John's family as I'd like to be, since I don't trust that people are good deep down. I keep people at bay, am not giving of myself and people pick up on this. They avoid me. John's mother goes out for coffee with her other daughter-in-law but does not do so with me. I often feel lonely. My marriage could be better too, if I allowed John to love me in his own way.</i>
<i>In terms of the people that I reflect in my life, I always seem to work with mean-spirited people who are not helpful or giving in any way. A few of the girls are like this, and my boss always wants his pound of flesh and is never grateful for the extra work I put in. This pattern repeats in all three jobs</i>

*I've been in. Other people I know talk about lovely appreciative bosses, and great camaraderie at work, but I can't imagine such a thing.*

### Task 2B: Worksheet

#### Exploring the Effect of Your Ideas

**IDEA STATEMENT****'I' STATEMENT AND EVIDENCE****RESULTING ATTITUDES: As a result, I have these attitudes towards people****RESULTING BEHAVIOURS: And this is what I do.....****HOW MY ATTITUDES AND BEHAVIOURS AFFECT OTHERS:****THE OVERALL IMPACT OF THIS BELIEF ON MY LIFE**

**Task 2C: Exploring Substitute Beliefs:** Now that you are able to see the negative impact of your ideas, it is vital that you remember that no belief has any authenticity, that is, no belief is real. There are just beliefs that drive our attitudes and behaviours and impact our lives. If you accept this, you will be able to replace the ideas that hurt you with ideas that serve the best interests of yourself and others. Follow Jenny's example to explore what happens when we release hurtful ideas. Do the same with your own list of hurtful beliefs.

<b>IDENTIFIED IDEA</b>
<i>It's a cruel world because people are generally out for themselves.</i>
<b>EXPLORING THIS IDEA</b>
<i>Now that I have meditated on it, I see that this belief has no authenticity. Some people are out for themselves, but not everyone. John's mother is truly good, and so is John. And there are people at work who are generous, though not that many. I realise that if I am to experience something different, I have to <u>think</u> differently, and so <u>behave</u> differently.</i>
<b>SUBSTITUTE IDEA(S)</b>
<i>People are generous at heart. We all feel good when we give to others</i>
<b>SUPPORT FOR THE SUBSTITUTE IDEA (S) (PRINCIPLE OF EXISTENCE)</b>
<i>We are all True Self when we dig down deep beneath all the fearful beliefs. And besides, no-one can hurt me if I didn't have anything to learn from them. I only meet mean-spirited people because I have to learn from them.</i>
<b>HOW WOULD THIS NEW BELIEF BE MIRRORED IN THE QUALITY OF MY LIFE AND MY FEELINGS?</b>
<i>I'd stop being suspicious and feel relaxed when people want to do things for me. I would feel more loved and wanted and I wouldn't feel so lonely. I'd have more friends and a good relationship with my mother-in-law who is a really kind person. The quality of my life would really improve with all the love that I would allow myself to receive. John would be happy because he could do more for me without my sarcasm. I'd be so much more approachable to others. My mother could also heal herself, too, because she needs to make up to me by being good to me. She has good qualities, and I could have a wonderful experience of her which would make up for the past. I KNOW I would work with better people too, if I stopped believing the things I believe.</i>
<b>WHAT WILL I DO DIFFERENTLY FROM THIS MOMENT ON?</b>
<i>I'm going to open up to John and his mother because I trust them. I'm going to tell them what I've learned and apologize for having unintentionally hurt them. Then, after that, if anyone wants to help me out or give me a gift, I'll accept it all with grace and love. I'm also going to offer help to other people and not expect anything in return. If they want to repay my assistance, I'll try to prevent it, but if they insist, I'll accept with love. But I'm going to work on doing things for others without condition until it becomes natural to me not to have any negative thoughts like these.</i>

Task 2C: Worksheet  
Exploring Substitute Beliefs

<b>IDENTIFIED IDEA</b>
<b>EXPLORING THIS IDEA</b>
<b>SUBSTITUTE IDEA(S)</b>
<b>SUPPORT FOR THE SUBSTITUTE IDEA (S) (PRINCIPLE OF EXISTENCE)</b>
<b>HOW WOULD THIS NEW BELIEF BE MIRRORED IN THE QUALITY OF MY LIFE AND MY FEELINGS?</b>
<b>WHAT WILL I DO DIFFERENTLY FROM THIS MOMENT ON?</b>

**Task 2D: Healing Our Relationship with Ourselves:** Return to Task 1C and as in Jenny's example, begin exploring the beliefs that you have about yourself.

*Jenny's Sample from TASK 1C*

MIRROR STATEMENT	EVIDENCE STATEMENT	THE BELIEFS THAT I HAVE ABOUT MYSELF
<i>I abuse myself.</i>	<i>I never do what I want to do. I always try to appease other people.  I always tell myself I can't achieve something, and so I don't do what I would like to do. Plus, I always tell myself I'm too ugly, too fat, too talkative.....</i>	<i>I don't have a right to have my own needs met.  I do not have any worthwhile abilities.  I am not good enough the way that I am.  I am not worthy of being in this world.</i>
<i>I abuse myself</i>	<i>I don't let people do good things for me. I always imagine they want something from me.</i>	<i>I am not worthy of love.</i>
<i>I am weak</i>	<i>I don't ever stand up for myself if someone has a powerful personality. I'd rather stay quiet.  If teachers bully Libby, I'd rather let John go to the school and deal with it.</i>	<i>My voice is not worthy of being heard.  I don't have a right to be heard.  I don't have a right to assert myself.</i>
<i>I LET Collette use me. I use Collette.</i>	<i>I don't like not having a friend to go out with. Also, she has a car. I keep her around so I don't have to get the bus.</i>	<i>I am not worthy of love.  I am not capable of meeting my own needs.</i>
<i>I don't listen to my own needs. I am stubborn in this way.</i>	<i>John keeps telling me to stand up to people. When I'm upset about things people have done, he tells me how to confront them, but I don't do it. He tries to convince me that I'd feel more powerful, but I still refuse to move forward with this.</i>	<i>My voice is not worthy of being heard.  I don't have a right to be heard.  I don't have a right to assert myself.</i>

Task 2D: Worksheet  
 Healing Your Relationship with Yourself

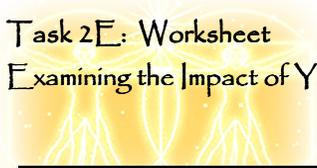
MIRROR STATEMENT	EVIDENCE STATEMENT	THE BELIEFS THAT I HAVE ABOUT MYSELF

**Task 2E: Examining the Impact of our Beliefs on Ourselves:** Our emotions are driven by our beliefs; how we feel about ourselves impacts how we behave with others, and how we treat ourselves. Look at Jenny's examples to help you explore the impact of your beliefs on yourself (refer to Task 2D).

BELIEF ABOUT YOURSELF	IMPACT OF THIS BELIEF ON YOURSELF
<i>I do not have any worthwhile abilities.</i>	<i>I never fulfil my dreams and so feel small and useless. I feel miserable and stupid. I feel awkward around 'accomplished' people. I don't speak up when in their company because I feel like a lesser person.</i>
<i>I am not good enough the way that I am.</i>	<i>I'm always on a diet (which never works). I always wear too much make-up, even to the corner shop. I put on an accent to make myself sound more intelligent to others I sometimes lie about the things I've done with my life. I tend to hero-worship certain other people.</i>
<i>I am not worthy of being in this world.</i>	<i>I smoke too much. I don't let others do anything for me. If I buy things for myself, I over-justify the expense. I never stand up for myself.</i>
<i>I'm not capable of meeting my own needs.</i>	<i>I use people (I hate that about myself). I let people walk all over me because I 'need' them. I do things for others to 'secure' help from them later on. I make friends with the 'right' people, who have influence in various circles. I have people in my life who I would not choose to be there. I pretend to be what I'm not to fit in with the right people.</i>
<i>I'm not worthy of being heard.</i>	<i>I don't speak my true opinions on things. I don't contribute to big group discussions, even though I have a lot to say. I don't even listen to my own voice. I always ask others for advice, and follow everyone else. I'm too-faced, because I don't like disagreeing with people.</i>

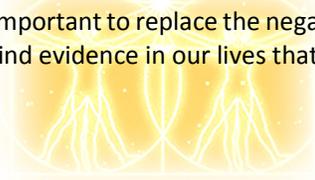
## Task 2E: Worksheet

## Examining the Impact of Your Beliefs on Your Life



BELIEF ABOUT YOURSELF	IMPACT OF THIS BELIEF ON YOURSELF

**Task 2F: Substituting our Beliefs about Ourselves:** To begin a new positive journey, it is important to replace the negative beliefs with positive ones. To buy into the substitute belief, we must find evidence in our lives that it is true. This makes all the difference and impacts our lives positively.



BELIEF ABOUT YOURSELF	SUBSTITUTE BELIEF	EVIDENCE
<i>I do not have any worthwhile abilities.</i>	<i>I DO HAVE WORTHWHILE ABILITIES</i>	<i>I am a good mother to Libby. I am an excellent cook; everybody talks about my food. I type well; and manage money really well; I do all this for John's business. I'm really good at my job; I was head-hunted for this one (without any qualifications!)</i>
<i>I am not good enough the way that I am.</i>	<i>I AM ENOUGH.</i>	<i>I am pretty. I am kind. I am a forgiving person (ask my parents, whom I now have a fairly good relationship with).</i>
<i>I am not worthy of being in this world.</i>	<i>I AM WORTHY OF BEING IN THIS WORLD.</i>	<i>I am born, so I belong here. I don't HAVE to justify my presence. I am True Self underneath all this drama. I have a lot of love to give others. I am clever and I am part of a wonderful family. My neighbours like me, the community likes me. I do good things in the community.</i>

Task 2F: Worksheet  
Substituting Your Beliefs about Yourself



BELIEF ABOUT YOURSELF	SUBSTITUTE BELIEF	EVIDENCE

## Additional Healing Processes

