

HELPFUL INFORMATION

HEALING BELIEFS FOR A FULFILLING LIFE

by

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Having a healthy and healing belief system is essential for a fulfilling, meaningful and productive life. Please answer the following questions with a yes or no:

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| <input type="checkbox"/> I believe in myself. | <input type="checkbox"/> I believe in the good and the possibilities of others and myself. |
| <input type="checkbox"/> I believe in the outlook of seeing 'the glass as half full rather than half empty.' | <input type="checkbox"/> I believe in treating others with respect even when angry. |
| <input type="checkbox"/> I am capable and talented. | <input type="checkbox"/> I believe in learning from my mistakes. |
| <input type="checkbox"/> I have a good heart. | <input type="checkbox"/> I believe in solving problems with others in an 'I win-you win' way. |
| <input type="checkbox"/> I am a special and unique person. | <input type="checkbox"/> I believe in forgiving myself and others. |
| <input type="checkbox"/> There is someone who does or can believe in me. | <input type="checkbox"/> I don't believe in getting back at others and believe that revenge only creates more problems. |
| <input type="checkbox"/> I can do what I make up my mind to do. | <input type="checkbox"/> I believe in teamwork and being a part of something. |
| <input type="checkbox"/> I have a dream. I am going to make it come true. | <input type="checkbox"/> I believe in firm, open minded, humanistic and non-authoritarian ways of leading and/or relating to others. |
| <input type="checkbox"/> I believe in having a loving relationship or relationships. | <input type="checkbox"/> I believe in facing my problems. |
| <input type="checkbox"/> Love is important to me for emotional growth and fulfillment. | <input type="checkbox"/> I believe in facing and expressing what is bothering me in an acceptable and positive way. |
| <input type="checkbox"/> I believe in laughing and having fun. | <input type="checkbox"/> I believe the world can be a satisfying place to be in. |
| <input type="checkbox"/> I do not believe in any substance or addiction to make me feel good and to cope with my stress. | <input type="checkbox"/> I believe in walking in faith and love and not in fear. |
| <input type="checkbox"/> I believe in enjoying the earthly wonders around me. | |
| <input type="checkbox"/> I have a major belief or guiding principle in my life. | |
| <input type="checkbox"/> I believe in treating others and myself with respect. | |
| <input type="checkbox"/> I believe in understanding others with different views | |

Feel free to discuss any belief you answered 'no' to with a loved one, friend or professional.

Through your own understanding and knowledge you can be helpful to yourself and others.