

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #37

*Suspending
Disbelief*

“A belief is just an opinion that you have committed to repeatedly and accepted as truth.”

— Rick Carson [“Taming Your Gremlin”](#)

What is “Belief”?

- **An acceptance that something is true, or that something exists**
- **Trust, faith, or confidence in someone or something**
- **Confidence in the truth or existence of something not immediately susceptible to rigorous proof**

What, then, is “DISBelief”?

- **Inability, refusal, or unwillingness to believe that something is true or real**
- **Doubt**
- **Lack of faith**
- **Rejection**
- **Assumption**

IMPORTANT FACTS:

- **Belief and Disbelief are the result of:**
 - Perception
 - Interpretation
 - Story
 - Assumption
 - PAST EXPERIENCE
- **Therefore, Belief and Disbelief are IN OUR MINDS, not absolute or objective reality. Belief is created, and relative.**

The Neuroscience of Our Belief Systems

- Everything is inherently **MEANINGLESS** (don't worry, I'll explain, lol)
- We *create* and *give meaning* to **EVERYTHING** that we experience through:
 - Evolutionary predisposition (biological) - *toward / away, aid/threaten*
 - "Programming" and "Conditioning"
 - Organization / interpretation of input
 - Repetition / Repeated results or thought patterns
 - "Heuristics" - (the brain taking shortcuts for efficiency)
 - **Assumptions** about causality
- We do not act with intention based on the **NOW**, but based on our interpretations of the **PAST**
- We must *rewrite the "Future Past"* in order to change our relationship with what is possible, why we act, and how we behave (see #5 below).

HOW TO IDENTIFY - AND SUSPEND - DISBELIEF

1. **IDENTIFY:** What is the "Disbelief", limiting belief, or "story"? (there may be multiple / many)
 - a.
2. **REALITY CHECK:** Realize and accept that everything you believe is an **ASSUMPTION** based on the meaning you have created (consciously and/or subconsciously) and accepted, and is *not* objective reality or fact.
 - a. In "The Work" - this is steps 1 and 2 ("Is it TRUE?")
3. **EXCAVATE:** reflect, dig, and excavate the **ASSUMPTIONS** leading to the *Disbelief...*
 - a. What assumptions are at play here? (List extensively)

- 4. GET CURIOUS: The Almighty power of “WHY”...WHY are these assumptions in existence? Where did they come from?**
- a. Where are these *assumptions* coming from?
 - b. Where did this *meaning* or story come from?
 - c. What memories, events, and/or experiences have I had that are leading me to this conclusion?
 - d. Are these assumptions based on direct (personal) or indirect (external) experiences?
 - i. Ex:
 - ii. Personal: I didn't make the sales quota (observation) and therefore I'm bad at sales (assumption) and therefore I'm no good at this job and I'm never going to get promotion (assumption/conclusion).
 - iii. External: Mary didn't make her sales quota (observation) and our boss said that if she doesn't improve this month she will not get a promotion (observation), therefore I would be bad at sales (interpretation / conclusion).
- 5. CHALLENGE: Challenge your assumptions! This creates a new “assumption” and basis for meaning and assumption:**
- a. Find examples that *disprove* your assumptions / DISBELIEF
- 6. EMBRACE THE *UNKNOWN*:**
- a. **Is the “not knowing” causing assumptions/doubt/disbelief?** If so, remember that the “unknown” is not to hold you back, but to bravely and creatively go *through*.
 - b. **We are biologically wired to fear the unknown (yet also thrive in it)**, but our biology can be overwritten and overridden by our conscious thought.
- 7. EMBRACE “FAILURE” and “IMPERFECTION”**
- a. “Failure” doesn't exist. Learning does. Embrace a “learn and keep going” attitude and commitment.
 - b. You are never going to be perfect. And that is a *wonderful* thing! Let go of the need to “get it right” or “do it right” or “be the best”...and just start *doing the damn thing!* The more action you take, the wider your neural network grows, and the closer you are to fulfillment.

- 8. FOCUS ON THE NEW BELIEF AND TAKE ACTION: Create positive “proof”...**
- a. New meaning, assumptions, and examples (memories) will pattern the brain to “agree” with this reality.
 - b. Exercise this new belief by taking action!
- 9. Remember the miraculous PLACEBO EFFECT:**
- a. A real phenomenon where the power of suggestion and/or belief ALONE creates a significant outcome. This is the power of the mind.

Some of the reference material in this workbook was drawn from [*“Deviate: The Science of Seeing Differently”*](#) by Beau Lotto

Beau Lotto is a world-renowned neuroscientist who specializes in the biology and psychology of perception. Originally from Seattle, Washington, he has lived in the United Kingdom for over twenty years and currently resides in Oxford. He received his undergraduate degree from UC Berkeley, his PhD from the University of Edinburgh Medical School, and was a fellow at Duke University. He has been conducting and presenting research on human perception and behavior for more than twenty-five years, has published over sixty publications and two academic books. A professor of Neuroscience at University College London, his interest in education, business, and the arts has led him into entrepreneurship and engaging the public with science. He passionately believes in the impact perception research can have on people from all walks of life.

GROUP EXERCISE

In “round robin” fashion: each member choose one of the elements from the “How to Suspend Disbelief” section to ask another Tribe member (below)!

1. What is the doubt or disbelief?
2. **What assumptions are at play?**
3. *Why* are these assumptions at play? Where did they come from?

Choose 1 of the following:

4. **CHALLENGE: Challenge your assumptions!** This creates a new “assumption” and basis for meaning and assumption:
 - a. **Give 1 example that *disprove* or *challenge* your assumptions / DISBELIEF**
OR
 - b. **Give 1 example to support the NEW BELIEF that you want to have:**
 - i. In the world
 - ii. From your pastOR
 - c. **By DOING - what can you do to challenge these assumptions?**
5. **FOCUS ON THE NEW BELIEF AND TAKE ACTION: Create positive “proof”...**
 - a. New meaning, assumptions, and examples (memories) will pattern the brain to “agree” with this reality.
 - b. Exercise this new belief by taking action!
6. **Reframe the “meaning” of “Unknown = Disbelieve”**

NOTES