



# How we talk to ourselves – the belief systems that rule your life

## Summary

- Throughout our life – but particularly in childhood- we constantly take in messages without being aware of them. We don't question these messages even if they don't serve us well.
- Our drivers and life stories provide us with a set of behaviours
- We can respond from the position of being an adult, parent or child. All come with particular ways of behaving.
- All behaviours are driven by underlying belief systems. Change the belief and you change the behaviour.