

# Beliefs List

## Patient Information

Name: Jacob Thompson

Age: 30

Date: Jan 19, 2024

*This template is designed to help patients identify and reflect on their core beliefs, which can influence thoughts, emotions, and behaviors.*

## Core Beliefs about Self

Describe your fundamental beliefs about yourself:

I believe I am a compassionate and open-minded individual. I strive to be ethical and just in my actions. I often feel conflicted between societal expectations and my personal beliefs, particularly regarding gender roles.

## Beliefs about Others

Describe your fundamental beliefs about other people:

I view others as inherently good but often misguided by societal norms and expectations. I believe people are capable of change when exposed to progressive and inclusive ideas.

## Beliefs about the World

Describe your fundamental beliefs about the world:

I see the world as a place that can be unjust and prejudiced, but also full of potential for positive change. I am skeptical about organized religion, as I've observed its teachings being manipulated for personal gain.

## Influential Life Experiences

List any significant life events that have shaped your beliefs:

Learning philosophy in college profoundly shaped my world view. Encountering diverse perspectives in my social activism circles also significantly influenced my beliefs.

## Challenging and Reinforcing Beliefs

Identify beliefs that you would like to challenge or change:

I want to challenge my cynicism towards religion and my struggle with traditional gender expectations.

Identify beliefs that you strongly hold and reinforce your values:

My belief in equality, justice, and ethical living strongly reinforces my value system and guides my actions.

## Impact of Beliefs on Daily Life

How do these beliefs affect your daily life and decision-making?

My beliefs lead me to advocate for social causes and influence my interactions, but they also contribute to my internal conflict, particularly in adhering to societal norms while battling depression and ADHD.

## Goals for Belief Modification

What beliefs would you like to modify or develop for your well-being?

I aim to find a balance between societal expectations and personal beliefs, and to be more accepting of different viewpoints, especially in matters of religion.

## Health Professional's Observations and Details

Observations and Recommendations:

Jacob shows a deep understanding of his beliefs and values. It's recommended that he explores mindfulness practices to manage his internal conflicts and cognitive behavioral techniques to address his biases constructively. He also mentioned feeling overwhelmed when his ideals clash with societal expectations. Recommended exploring strategies for stress management and emotional regulation.

## Name of Health Professional and Signature

Name of Health Professional: Dr. Emily Watt

Name of Practice: Mindful Wellness Therapy Center