

Self-Discovery

Here is an outline for the Belief Assessment Interview. It is based on the three principles that a prospective Get Help Get Active client can use to see if he qualifies:

The Three Principles:

I am struggling financially.

I have a mind-based habit of low self exertion. I tend to give up too easily when it comes to either working or looking for work or studying to improve my job skills.

I want to change, but it seems really difficult.

Overview:

The purpose of the interview is to help you to make the connection between your time-management choices and your career and life outcomes. We will be exploring the inner motivations and thought-processes that lead you to make decisions. Our hope is that by looking at your own answers to these questions, you will gain some insights that can help you to become a more successful and focused person.

Interview Questions:

Part of my problem is that I have a mind-based habit of low self exertion.

What are the other parts? Bad economy? School? Parents? Illness? ADD? Depression? Politicians? Community?

Am I shifting blame around? In what specific ways?

Is there a natural human tendency to shift the blame?

How does my habit of low self-exertion affect my daily activities?

What would my day look like if I could break free from low self-exertion?

Political correctness. Does the media avoid the topic of self-exertion?

Are there “players” in our society that have a vested interest in keeping people inactive?

What is the difference between low self-exertion, reasonable self-exertion and workaholism? Which one of these three have I been closest too?

I regret the time that I have wasted.

What is regret? Is it appropriate at this point in my life?

What is shame? Are there some types of shame that are healthy & some that are unhealthy?

Is pain sometimes a good thing? For example, does pain sometimes give us healthy feedback?

If I had been only reasonably industrious, how would my life be different today?

Please describe people in your community or family that are not affected by the habit of low self-exertion. How are they different from you?

Lets imagine that it was possible to hire someone else to run my life for me. Now, suppose that I actually did hire someone to run my life for me, and they did the same “job” that I did in the last week. Would I be happy with their work?

My habit of low self-exertion has hurt me financially.

How much money did I make in the last week, year, 5 years, 10 years?

How much might I have made if I had just been reasonably diligent?

Is it important to me to become self-sufficient & happy in my career?

How important of a factor is the low self-exertion?

Some children are really pushed by their families. Is that appropriate?

Is America really the “land of opportunity?”

Some immigrants to America become very successful. Why?

I want to change, but its not happening.

Humans have a nervous system, a skeletal system and a circulatory system. Do we also have a “belief system?” What does that mean to me?

Other systems can be affected by disease. Can the belief system suffer from a disease?

Could low self-exertion be due to a disease in the belief system?

How can a disease of the belief system be treated? Change in world-view?

Do my heroes (the people that I listen to in the media) encourage a realistic world-view?

If not, then why am I attracted to listen to them? Is there an ego-feeding or ego-soothing aspect of blaming others for my troubles?

When a person changes their behavior, (but there is no change in their world-view), then do they run a risk of reverting back to their old behavior?

I know that having a personal coach is a good way for a person to stay motivated. Am I willing to accept free help – to help to keep myself on track?

Failure-oriented beliefs. Do these statements reflect your views? If so, then are they really an accurate description of reality?

It is impossible to succeed in this town.

The system is set up to keep the little guy down.

The rich get richer and the poor get poorer.

I am stuck in this bad job (or school) and there is no way out.

What is the use of trying?

With my work history I am sure that I would never be able to find a good job.

I can't find a job because I don't have a computer, so I can't go on the internet.

I tried to learn [fill-in-the-blank], but it was just too hard for me.

Success-oriented beliefs. Do these statements reflect your views? If so, then are they really an accurate description of reality?

God helps those that help themselves.

I know that I will be successful if I keep on trying.

People don't fail, they give up.

Triumph is just "umph" added to try.

Hard work is the yeast that raises the dough.

Action brings good fortune.

If you think education is expensive, then try ignorance.

Be bold and mighty forces will come to your aid.