

# THE ADRENAL RECODE

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## *Belief Chart*

Now that you understand limiting beliefs and have identified some of yours, its time to see how they got cemented in a defining emotion event that led to thoughts, which led to emotions, which created the belief and then to see how that belief has driven your behavior and the results and circumstances in your life. **Follow the six steps outlined below to help you fill out the Belief Chart.** You may use the four examples below if you need some guidance.

1. **STORY or Recurring Situation** – Pick one re-occurring situation or pattern that is causing you stress or anxiety in your life now. Or write out a Story from your past, at any age, that was an emotional event that may be causing you to believe limiting or negative thoughts about yourself now.
2. **EMOTIONS & FEELINGS** – What are the primary emotions that get triggered that you don't want to feel? Where do you feel them in your body?
3. **FOCUS & THOUGHTS** – Write out what you tend to focus on and think about when you are in that current situation that is causing your stress, or what are the recurring thoughts that drain your energy or cause anxiety or stress when you think of the story or emotional event from your past?

<i>STORY * EMOTIONAL EVENT</i>	<i>EMOTIONS &amp; FEELINGS</i>	<i>FOCUS &amp; THOUGHTS</i>
Write out Story, defining moment or emotional event. Age, experiences, feelings, decisions you made, meanings you created.	What are the primary emotions that get triggered you don't want to feel? Where do you feel them in your Body?	What recurring thoughts do you think about that drain your energy? What do you say to yourself?



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- BELIEFS & MEANINGS** – What do you Believe about yourself when you feel this feeling and think these thoughts? What do you believe about others? What meanings do you create about you, love, safety, power, health, money?
- BEHAVIOR & ACTIONS** – WHAT BEHAVIOR(S) DOES THIS BELIEF CAUSE? What Behaviors do you engage in with this Belief? What Actions do you take? How do you talk to yourself or others? How do you react or respond to situations or decision making?
- RESULTS & DISTINCTIONS** – How does this Belief and behaviors impact your Life, Health, Relationships, Career, Finances? Are there any Re-occurring Stuck issues or problems you keep having? What does having this Belief Cost you? What distinctions do you see? What do you want to shift or change?

<i>BELIEFS &amp; MEANING</i>	<i>BEHAVIORS &amp; ACTIONS</i>	<i>RESULTS &amp; DISTINCTIONS</i>
What do you Believe about yourself when you feel this feeling and think these thoughts? What do you believe about others? What meanings do you create? (love, safety, power, health, \$).	What Behaviors do you engage in with this Belief? What Actions do you take? How do you talk to yourself or others? How do you react or respond?	When you engage in these Behaviors what Results do you create in your life? (health, relationships, career, \$) What does this Belief Cost you? Distinctions?



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Example 1: Older Brother

<i>STORY * EMOTIONAL EVENT</i>	<i>EMOTIONS &amp; FEELINGS</i>	<i>FOCUS &amp; THOUGHTS</i>
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<p>As a child, my older brother was always sick – he got meningitis at age 5, which led to damage to the frontal lobe of his brain, severe ear infections that required hospitalization, epilepsy &amp; grand mal seizures in childhood. Then his teenage years brought behavioral issues – drugs, alcoholism, &amp; criminal activity. The police were at my house often. Chaos was the norm my whole life. He is now schizo-effective and lives in a group home. I learned early on that I had to do things by myself &amp; that I should not ask for help. Instead I should please others and “be the bright spot”. Don’t have needs and don’t ask for them to be met. The message to me as a child was I am not safe. I am not supported, I must rely on myself, I must help and please others as much as possible and put myself last if the family was to stay together and function.</p>	<p>Anxiety – in heart, described as a vice grip on my heart, a squeezing sensation.</p> <p>Overwhelm, shortness of breath.</p> <p>Depression, a sense of heaviness behind my eyes and a pain in the back of my neck and in my back between my shoulder blades. (they should save this for the releasing trapped negative emotion exercise)</p>	<p>I have so much to do. I have to do it all. I feel so alone. I wish I had someone to help me, to support me. I have so much on my shoulders. Everyone needs something from me. Everyone wants a piece of me. I am so exhausted. I can’t relax – if I stop running, my world will fall apart. I have the weight of the world on my shoulders. I don’t feel safe, I’m not safe. I’m different than everyone else.</p>
<i><b>BELIEFS &amp; MEANING</b></i>	<i><b>BEHAVIORS &amp; ACTIONS</b></i>	<i><b>RESULTS &amp; DISTINCTIONS</b></i>
<p>I can never rest. There is no safety. Things are not going to be okay. Nothing happens unless I make it happen. Everything is so hard. Being successful is excruciatingly hard work. Everyone needs something from me. People don’t pull their own weight.</p>	<p>Never sit down. Continue going, going, going and drive self into exhaustion.</p> <p>Try to please others by over giving time/money/energy even when I’m tired and don’t have the bandwidth for favors or to listen, or extra money to give, etc.</p> <p>Take over-accountability and responsibility for others, overschedule myself according to everyone else’s needs, be the counselor and support to everyone. Don’t take the time and energy to give myself what I need – down time, alone time, massage, new friendships, boundaries with family, etc.</p> <p>When pleasing doesn’t work, try to control others and when that doesn’t work, feel victimized and powerless.</p>	<p>My health – adrenal fatigue and thyroid imbalances. Leads to constant anxiety and insomnia with exhaustion and a general and constant sense of unease.</p> <p>My joy – love my career but connected it to hard work and exhaustion. Work-a-holic – perfectionism, drive self into the ground as a result of unrealistic expectations.</p> <p>Intimacy and healthy relationships. Attract friends that want something from me like help with their business or to use me as a counselor for their problems, etc.</p> <p>Attract men/partners uniquely incapable of meeting my needs and supporting me in the way I need to be supported in order to feel protected and safe. Attract men who don’t want me to shine because they feel inferior, men who want me to support them as a one-way street.</p>

## Example 2: Age 18



<i><b>STORY * EMOTIONAL EVENT</b></i>	<i><b>EMOTIONS &amp; FEELINGS</b></i>	<i><b>FOCUS &amp; THOUGHTS</b></i>
When I started college (age 18), I felt so behind academically. I came from a poor high school, and I knew that I was years behind other students. I made up my mind that, while I might not be as smart as the other students, I would work harder than them (to be able to make it through school).	<p>Deep feeling of inadequacy. Panic, fear, shame, and major imposter syndrome. I feel this mostly in my chest area (I don't think it's my heart, but more related to breathing).</p> <p>I also feel ashamed of my background and how I was raised. I feel a need to sort of make up for it.</p>	<p>I feel like I am forever trying to “catch up” or “make up” for some past inadequacy.</p> <p>The behavior is driven from a place of fear, not a place of motivation or hopefulness. It is the stick, rather than the carrot.</p> <p>I focus on my lack in the situation. Thoughts are along the lines of – You are way out of your league (in a bad way)! You have to be better (perfect) in order to even think about making it. You have to make up for everything you lack.</p>
<i><b>BELIEFS &amp; MEANING</b></i>	<i><b>BEHAVIORS &amp; ACTIONS</b></i>	<i><b>RESULTS &amp; DISTINCTIONS</b></i>
<p>I believe that others are better than me or more prepared than me (or maybe have more training than me).</p> <p>I believe I have to work VERY hard for security, safety, wealth, love (pretty much everything except health). I believe that hard work is the answer to too many things!</p> <p>Most of the time, I feel like others can sense that I'm a fraud.</p>	<p>Over-working, putting up a false external self. Perfectionist tendencies.</p> <p>I hate the way I interact with others when I'm in this place (kind of frantic and stressed and I think they can sense it).</p>	<p>The very hard part about this behavior and results is that it often provides me with external success, but it comes at a HUGE cost to me (burnout, self-sacrifice, etc.).</p>

## Example 3: Age 6/7



<i><b>STORY * EMOTIONAL EVENT</b></i>	<i><b>EMOTIONS &amp; FEELINGS</b></i>	<i><b>FOCUS &amp; THOUGHTS</b></i>
<p>Age 6/7:</p> <p>Running up the stairs to gym class with 2 friends. Reach top of stairs and friend says “your adopted.” Stops me in my tracks. (I knew I was adopted but I didn’t know/feel until that moment how I was different)</p>	<p>Shame  Fear I won’t belong, be accepted.  Fear of abandonment  Something is wrong with me.  Anxiety, Worry, Self Doubt</p>	<p>Focus on What is WRONG with Me and what do I need to FIX to be wanted, loved, belong.  I am not okay. Something wrong with me.  I have to hide who I am or parts of who I am (shame of being adopted/different)  I am not wanted. I won’t belong.  I won’t be liked if people know this....  I have to Fix myself.</p>
<i><b>BELIEFS &amp; MEANING</b></i>	<i><b>BEHAVIORS &amp; ACTIONS</b></i>	<i><b>RESULTS &amp; DISTINCTIONS</b></i>
<p>I am not okay. Something wrong with me.  I have to hide who I am or parts of who I am (shame of being adopted/different)  I am not wanted. I won’t belong.  I won’t be liked if people know this....  I have to Fix myself.  Others have the Power if I am loved or belong.  Shame and Anxiety fuel decisions &amp; choices and flood body</p>	<p>Perfectionism  Inauthentic  Pleasing/appeasing  Hide true self  Adapt, Contort to be accepted  I can’t be me.  Perform to be loved or accepted  Judgmental/critical of self  Belittle or diminish self</p>	<p>Exhaustion  Don’t trust myself because I am constantly pleasing, appeasing, adapting self to be accepted, belong or be liked  Lack of true intimacy in my life – hold back sharing parts of me due to fear of rejection or abandonment  Don’t express myself (voice, creatively)  Play small and hide in life – impacts health (hashimoto’s thyroid), finances – don’t value self so over deliver and underpaid  Positive: advanced degrees</p>

## Example 4: Age 3



<i><b>STORY * EMOTIONAL EVENT</b></i>	<i><b>EMOTIONS &amp; FEELINGS</b></i>	<i><b>FOCUS &amp; THOUGHTS</b></i>
<p>Age 3:</p> <p>In hospital and had Tonsils out. Told before bed to ring the bell if I needed anything and the nurse would come. I woke up alone and afraid in the dark. I rang the bell and the nurse came. I asked for my Mom. She told me she wasn't there and you are fine. You don't need her. Go back to sleep.</p>	<p>Primary feelings: fear, anxiety, alone</p>	<p>Focus on my Fear, Not supported My needs don't matter or I am not important Don't need anyone. Do it myself - massive anxiety Can't count on anyone to be there. I am all alone. No one cares.</p>
<i><b>BELIEFS &amp; MEANING</b></i>	<i><b>BEHAVIORS &amp; ACTIONS</b></i>	<i><b>RESULTS &amp; DISTINCTIONS</b></i>
<p>Don't ask for help. I don't matter. My needs don't matter. I am not important. I am not valued. Don't need anyone. Rely only on myself I Can't count on anyone to be there. I am all alone. I am not safe....be hyper vigilant and prepare.</p>	<p>Very independent Closed off heart Don't know what I need Don't ask for help or support Always Giving and never Receiving People pleasing, appeasing Controlling environment to be safe Apologize for self and what need - over apologize</p>	<p>Positive: competent, reliable, dependable, Responsible Negative: do it all myself so Exhausted, burned out over give, don't trust people to be there for me, lack of trust in relationships. Not attuned to my needs, don't value myself so don't ask for my needs, feel like I don't matter or I am not important. Health challenges Financial scarcity/no support</p>

