



# Pause With Purpose

...to refresh

...to grow

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## Beliefs and Attitudes

Most of us are familiar with the term "attitude adjustment". We've probably used the term ourself. Typically, we use it when referring to someone we feel needs to change their attitude about someone or something, such as their job, their family, their chores, their past, or some experience.

While it's fairly easy to identify attitudes we find enjoyable or annoying, it is more difficult to understand why they exist. When we're annoyed, though, we usually don't care why they exist - we just want them to change.

If we are honest, however, we must admit that we are prone to "bad attitudes" just like every one else. It's advisable, then, that we take our own growth seriously and explore our attitudes and where they come from.

Attitudes are, simply put, emotional approaches to life based on the beliefs we hold. What we believe in our heart of hearts determines our attitudes. To be sure, there is reason to recognize the influence of biological factors such as hormones and neurotransmitters, but as a general rule, our attitudes grow from our core beliefs.

Consider, for example, the following belief/attitude combinations.

**Belief** - "I deserve more / something different."

**Attitude** - dissatisfaction and complaining

**Belief** - "I deserve to get what I want." **Attitude** - entitlement

**Belief** - "I am incompetent and helpless." **Attitude** - fear

**Belief** - "I am more important than you." **Attitude** - haughtiness, pride

**Belief** - "Nothing ever turns out right." **Attitude** - pessimism

**Belief** - "I am bad and unloveable because of my flaws." **Attitude** - shame / worthlessness

**Belief** - "I have all I need." **Attitude** - contentment

**Belief** - "God is in control." **Attitude** - peace

**Belief** - "All I am and all I have is a gift." **Attitude** - humility

**Belief** - "Nothing here we can't handle." **Attitude** - confidence

**Belief** - "All things work together for good ...." **Attitude** - optimism

**Belief** - "The best is yet to come." **Attitude** - anticipation

Different beliefs ... different attitudes. And the list can go on and on. Each of us holds many core beliefs that have been adopted or developed over the years. Some we have been taught, others we accumulated through experience and exposure. Most we are conscious of, but some lurk in the shadows of our heart. While our beliefs tend to remain quite stable, they can be altered if we remain open to new information, new experiences, and the clear proclamation of truth.

We can choose new beliefs, and our attitudes will change with them. In doing so, however, we must be transparent and honest with ourselves about those beliefs we unknowingly harbor and protect. As we explore ourselves, it can be helpful to acknowledge our attitudes, and then "look backward" and identify the belief(s) fueling the attitudes.

In the end, the only attitude adjustment we can accomplish is our own. And that's fortunate, because we'll stay plenty busy right there.



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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

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## The Power of Attitude

How is it that two people in similar situations can experience life so differently? And why does one person succeed and flourish, while another person with equal skills and ability flounders? Often, the difference is one of attitude.

Attitude is the "secret ingredient" in our life that influences both how we interpret people and events, and what actions we decide to take. It is the key that unlocks the door either to an existence of misery with disappointment, bitterness, worry, resentment and regret, or to an existence of thankfulness with joy, peace, confidence, contentment and fulfillment.

Attitudes determine how we experience life. Beliefs determine our attitudes. So let's check out our beliefs. If they are truth, then let's not just profess them, but actively live as if they are indeed true. If they are not true, then let's stop living as if they are true, and replace them with what is true.

Each of us is challenged to confront the lies within and around us, and to use our beliefs and attitudes to enrich the life we have been blessed with.



"If you only believe when it's easy, you don't really believe."

-Laurell Hamilton,  
*Obsidian Butterfly*