

Session 29: Beliefs, values, attitudes and behaviours

CHARLIE MITCHELL



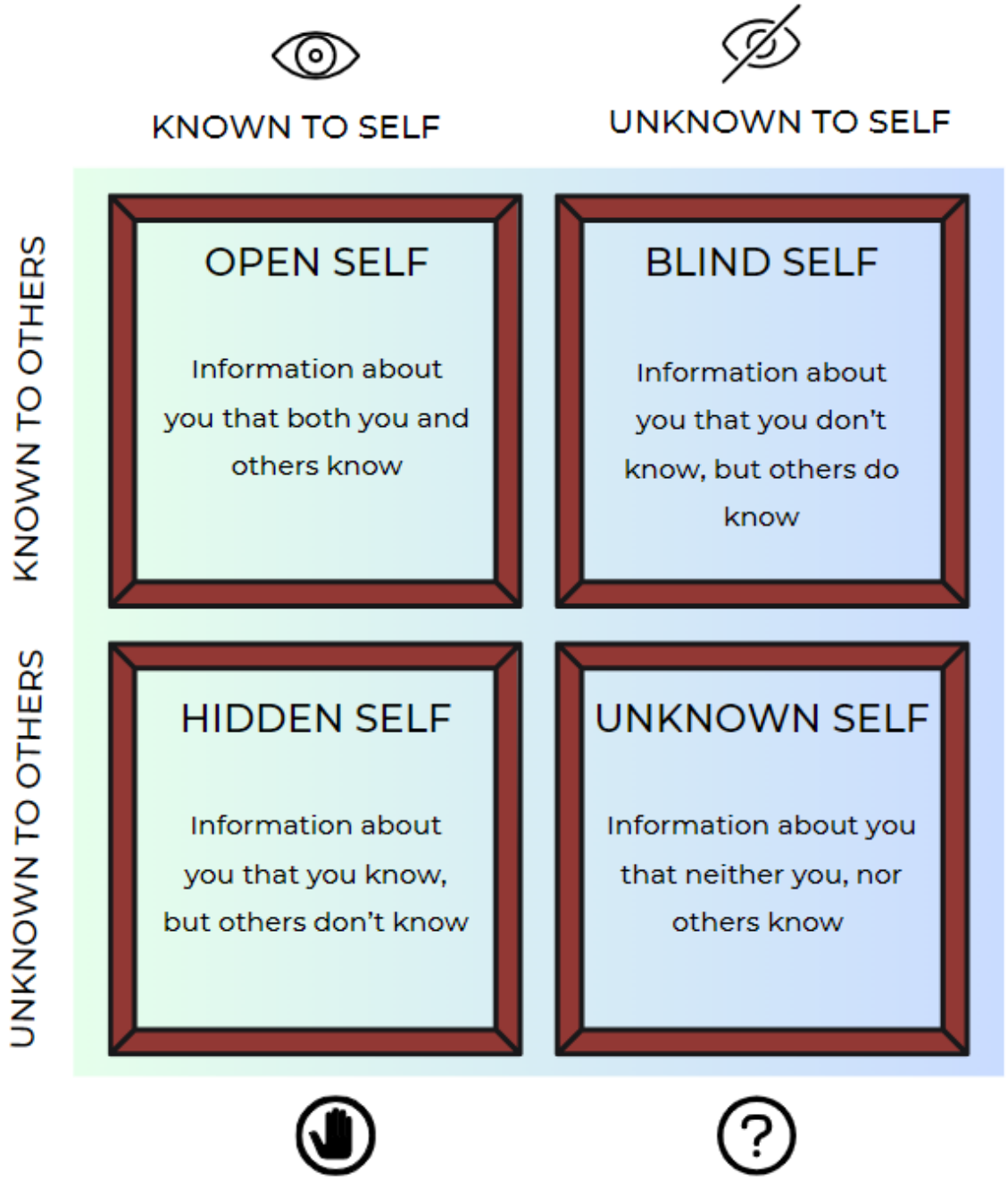
Today we are exploring

- ✓ How beliefs and values are formed
- ✓ Impact on attitudes and behaviours
- ✓ Patterns that run through families
- ✓ Common beliefs about parenting when parents start coaching
- ✓ Impact on parenting
- ✓Links to CLEAN coaching
- ✓How you can use this in your practice

What do values mean to you?

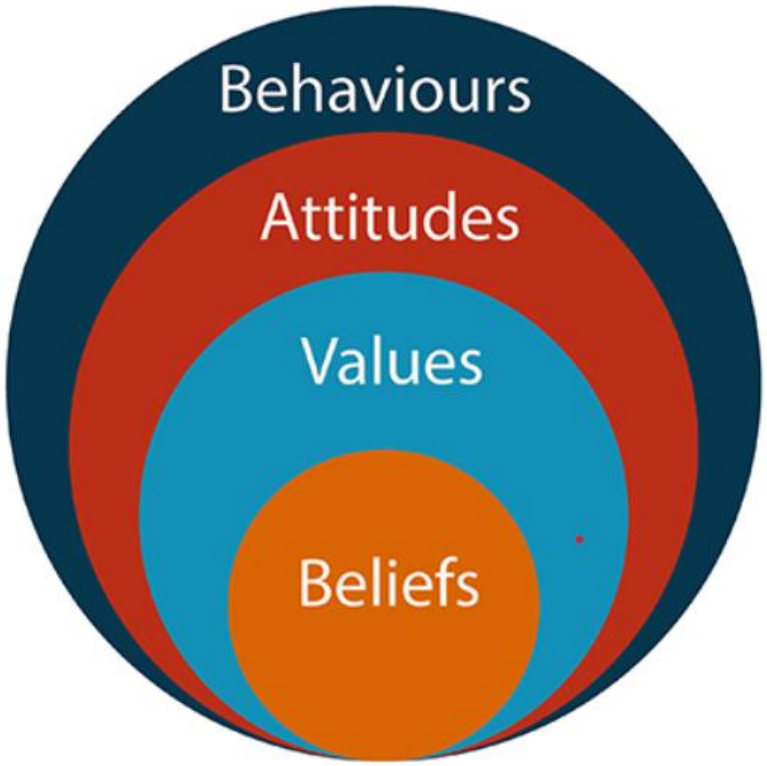
- ✓ Finish these sentences: values are… values are also… values are not…
- ✓ How do you feel about your own values?
- ✓ How does it feel in your body when you think about your own values?
- ✓ What helps you to identify your values?
- ✓ What do your values help you to do, be or have?
- ✓ What helps you to explore values with someone else?
- ✓ How do you know when you are aligned with your values? What does that feel like?
- ✓ How do you know when you are not? What does that feel like?
- ✓ What else do you notice?
- ✓ What do you want in place to ensure your values align with your coachees values?
- ✓ Explore the different resources relating to values in the course materials for ideas

Johari Window



Finding WHAT Matters
COACHING SKILLS FOR PARENTS

Beliefs, values, attitudes and behaviours



Behaviour is the way in which someone acts and is thought to be based on their beliefs, values and attitudes.

Attitudes are made up of three components

Cognitive- what we believe

Affective - Our feelings

Behavioural - learned associations

Values serve as guiding principles in peoples lives and may include:

Freedom **Honesty**
Equality **Wisdom**
Passion **Compassion**

They are assumptions about the world and how we live in it.

Beliefs are ideas we hold as 'true'. Assumptions about the world and how we live in it, Beliefs may be based on all or some of the following:

Religion/Spirituality **Morality**
Politics **Economics**
Social **Intellectual**

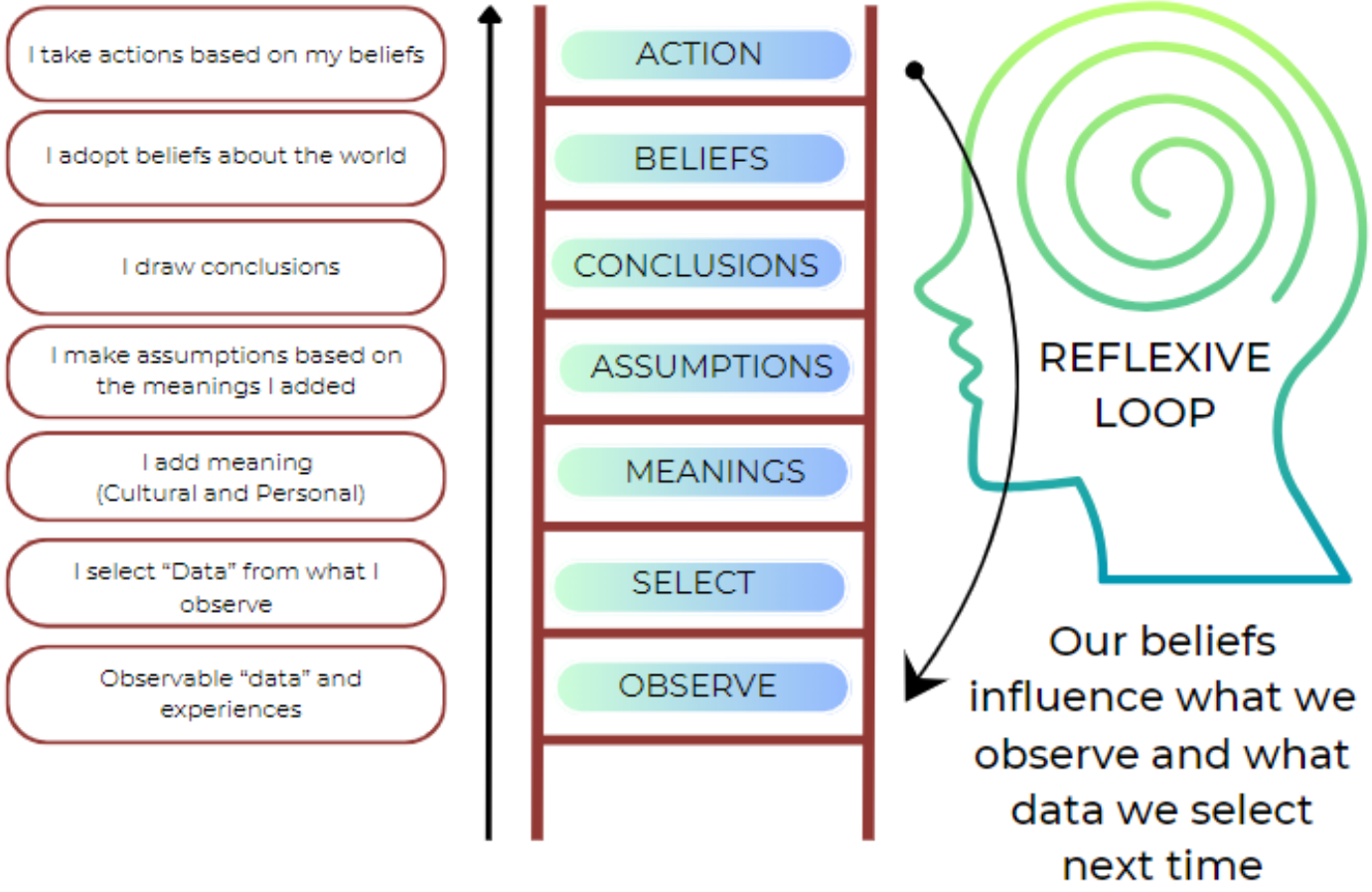
Taken from:
https://www.open.edu/openlearn/health-sports-psychology/so-you-want-be-nurse-a-brief-introduction-nursing/content-section-3

We may know about some of our beliefs (conscious):
It's better for the planet if I am vegetarian

We may have other beliefs that are unconscious:
I'm not good enough

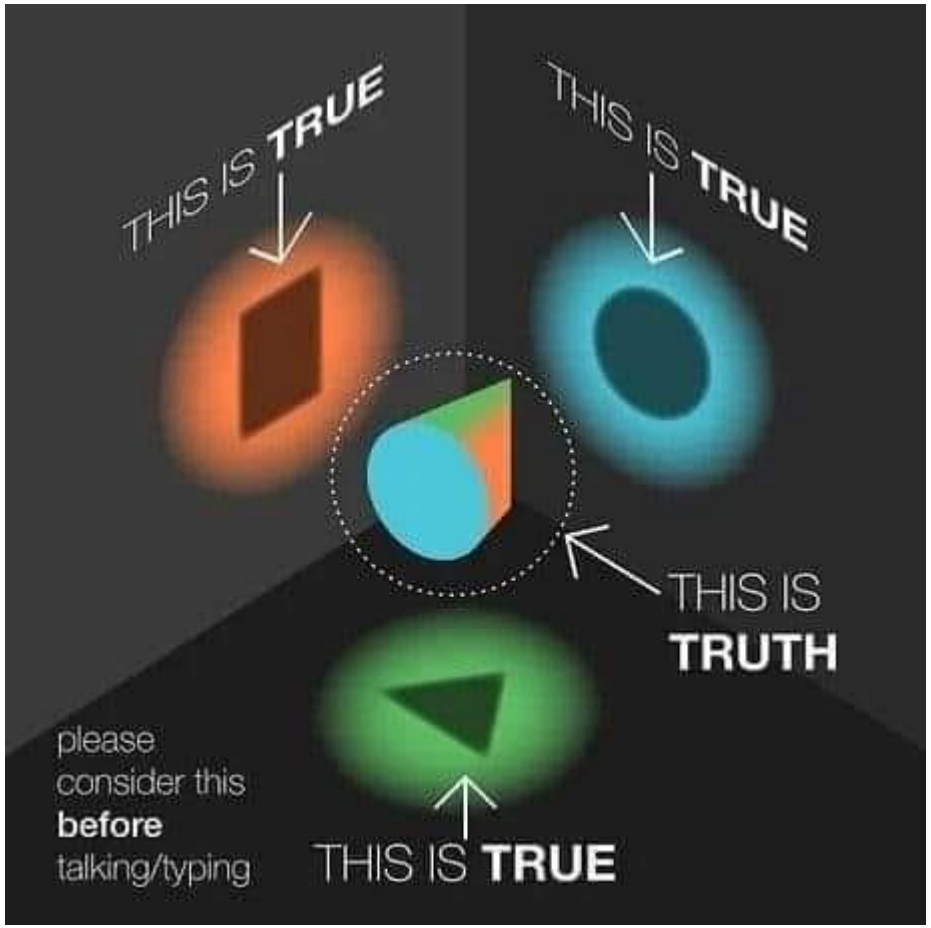
Finding WHAT Matters
COACHING SKILLS FOR PARENTS

How beliefs, values and attitudes form behaviour





Impact of beliefs and values on attitudes and behaviours



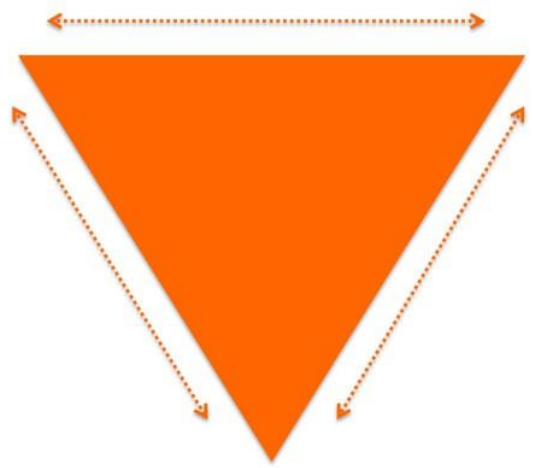
You will feel differently about your life and life in general, and this will lead to you feeling differently:

- ✓ If you believe you see a square
- ✓ If you believe you see a circle
- ✓ If you believe you see a triangle
- ✓ If you are not sure what you see

Patterns that run through families

DRAMA TRIANGLE

(Steven Karpman)



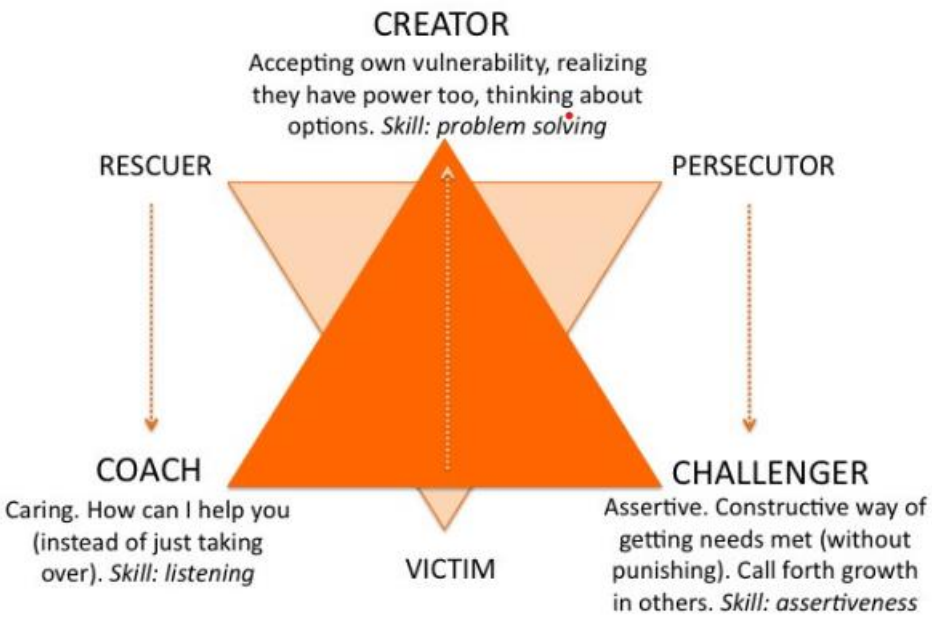
RESCUER
'saves' people he sees as vulnerable. Works hard, offers "help" unasked for.

PERSECUTOR
unaware of his own power and therefore discounting it. Power used is negative and often destructive.

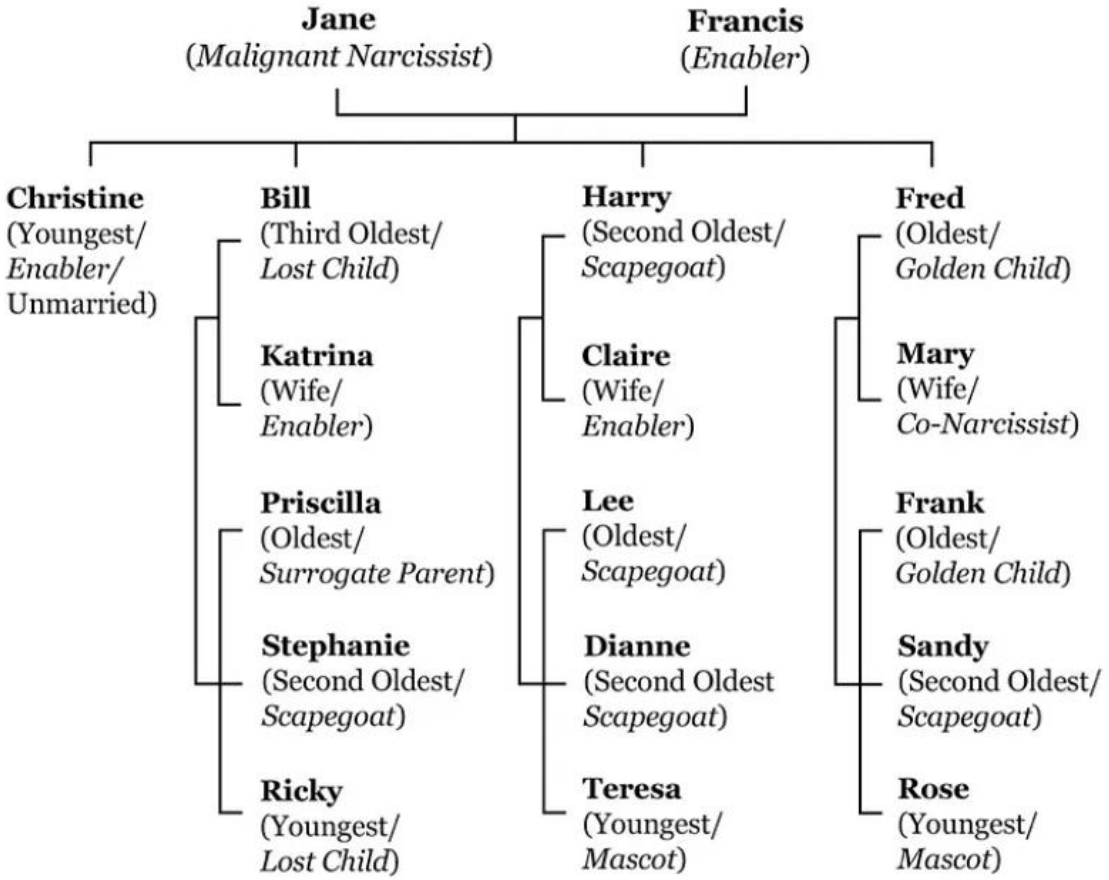
VICTIM
overwhelmed by own vulnerability , doesn't take responsibility for own situation

EMPOWERMENT TRIANGLE

KEY = SELF-AWARENESS



Patterns that run through families



A three-generation narcissistic family tree.

Taken from: https://medium.com/a-world-beyond-narcissism/the-intergenerational-narcissistic-family-explained-2f77602aff5d

Charlie's questions:
Where does neurodiversity fit into this?

What if it is not an explosion of narcissism, and is instead an explosion of stress responses to neurodivergence?

Common beliefs about parenting when parents start coaching

- ✓ I'm not cut out for this
- ✓ I don't know what to do
- ✓ There is a right way and a wrong way and I'm not doing it right
- ✓ I'm not good enough
- ✓ I'm repeating parents' mistakes
- ✓ My kids' are going to struggle in the future
- ✓ Parenting is really tough
- ✓ I don't have any support
- ✓ I'm so triggered I don't know what's going on
- ✓ 'They' should be doing something differently
- ✓ Technology is bad
- ✓ If I let my children have technology I am a bad parent

Also see universal beliefs worksheet in resources with this section

Is it really true?

Byron Katie: The Work – 4 questions

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

More resources in this session and on her website:
https://thework.com/2017/10/four-liberating-questions/

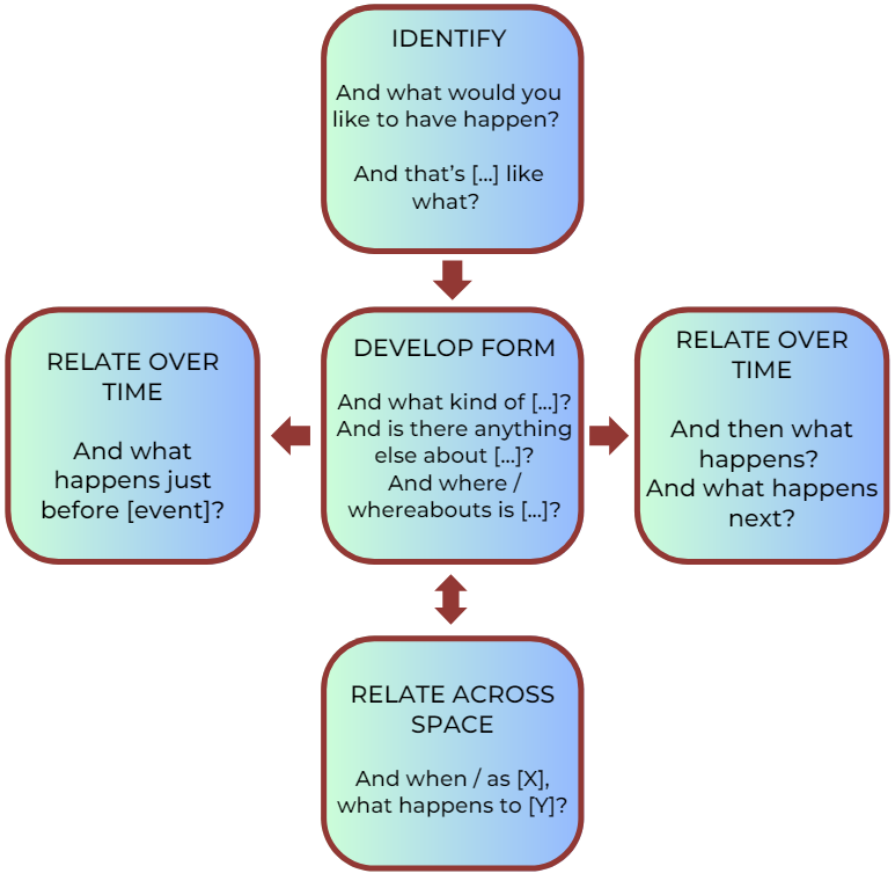
My son needs to be productive and get off the couch video:
https://www.youtube.com/watch?v=mN3Py2vXOJY&t=25s

Impact on parenting

- ✓ Understanding what is objectively true and what is a belief is really helpful in gaining more awareness – seeing our blind spots
- ✓ Challenging beliefs can happen quite quickly and can lead to fairly quick changes in behaviour
- ✓ Look for the binary statements: I always, I never, they always, they never – is that really true?
- ✓ If we can find a chink in the door, we then have the opportunity to open the door and step through to doing things differently
- ✓ 'Stuck' is often influenced by an unconscious belief

Remind ourselves what we know about change – see session 15

Links to Clean Coaching



- ✓ The answers that people give to clean coaching questions are based on their values and beliefs
- ✓ Playing with the metaphors gives people a safe way to explore conscious and unconscious values and beliefs
- ✓ The coachee is not influenced by the coach's values or beliefs in the way they may be with other coaching models

What this means for you personally

- ✓ Reflect on your awareness of your own values and beliefs – what do you notice?
- ✓ Use the questions at the start of this session to help you reflect
- ✓ Identify 3 ways you want to explore your own values and beliefs over the next month – with awareness that you can explore other aspects another time
- ✓ Plan what you will do over the next month to bring awareness to your own values and beliefs
- ✓ Look through the lens of how your values and beliefs are helping you with your parenting
- ✓ Consider how awareness of values and beliefs can help other parents

The importance in a parenting context

- ✓ The ability to identify your own values and beliefs will naturally influence your parenting, whether you focus on it or not
- ✓ You can share this ability with coachees, both formally by showing and explaining, and informally by modelling the approaches in your sessions
- ✓ You can pick the knowledge, skill or behaviour that feels relevant in the context:
  - ✓ Introducing the coachee parent to the concept of value and beliefs may help the coachee to explore values and beliefs with their child
  - ✓ How could the coachee explore values and beliefs that help the coachee's child to flourish?
  - ✓ How does the child feel in their body when they are connected with their own values and beliefs?
  - ✓ How can the coachee check in with their child to develop connection with their own values and beliefs further?
  - ✓ What can the coachee do to move the child's connection with their values and beliefs from the house to other places?
  - ✓ How can the coachee negotiate with others to ensure the child's values and beliefs are honoured?