

Identified and changed beliefs

Our beliefs are normally formed through life events. Beliefs can be formed in many different ways, but the most commonly held beliefs are developed through our upbringing, our religious and spiritual influences, things we see, hear or read that resonate with us. Basically, we experience something whether first or second hand, we take on the learned emotional and mental response to that experience and we formulate a belief.

Beliefs are different to values in that they are not a priority, a given set of core truths or a measure you use to determine what is important in your life. Beliefs are constantly changing throughout our lives depending on our life situation, where we live, strongly held community or social ideals and even where we work and what we do to earn a living.

Identifying your current beliefs around End-of-Life Planning can assist you to identify areas of your plan that need a little bit research or need to be adhered to strictly because of your unwavering belief. It can also assist with having a place to start a conversation with your loved ones about your wishes.

The table below is an example of how to identify your beliefs, how they developed and if they have changed. On the following page is a table you can use as a template or a guideline for your own beliefs identification project.

Current Belief	Life Event	New Belief
All dogs are aggressive	A friendly well-trained dog locates and saves your child who was lost in the bush	There is no such thing as a bad dog, just a bad owner
Assisted suicide is still suicide. Suicide is murder Murder is a mortal sin	Your best friend has been diagnosed with Lou Garrett's Disease and is slowly painfully wasting away	Assisted suicide is another medical intervention. It is not for me, but may be a compassionate option for those suffering without quality of life

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Identifying beliefs around EOL Planning			
Current Belief	Where Did It Come From	New Life Event	Changed Belief