



### How Beliefs Affect Perception and Emotion

Belief	Perception	Typical Emotions
People are loving and generous; they want to be helpful.	I can trust my family and friends; I live in a safe and giving world.	Carefree, happy.
People cannot be trusted; they will take advantage of you if given the chance	I will not trust others. I could become a victim if I'm not careful. Life is not easy.	Scared, defensive.
Every day brings new opportunities; I am a loved child of the Universe.	Life is easy. I feel blessed. God is good.	Inspired, motivated.
Life is about survival of the fittest. Opportunity only knocks once. No one succeeds without luck.	Nothing I do will guarantee my success or happiness. The "cards of life" are stacked against me.	Depressed, angry, helpless.
We are spiritual being, we are powerful, and our thoughts become things.	We have choices and when exercised properly, we can change the things that upset us.	Hope, optimism, excitement, happiness.
We are mere mortal, with no say in how our life turns out.	We are victims of circumstance.	Fear, disappointment, powerlessness.