



Healthy Habit #1:

Assume the Best of Others Practice

Those with a healthy, secure attachment style tend to have fundamentally positive assumptions regarding 1) how others feel about them, and 2) the motives and intentions others have in regards to them. For example, “Others care about me and want what’s best for me, even if it’s not always what’s best for them.”

Those with a less secure, anxious attachment style, however, tend to assume (often outside of conscious awareness) that others don’t like them, don’t want what they have, and/or don’t fundamentally value them.

Those who have avoidant attachment tendencies may assume that others have ill intent, or are even dangerous in some way.

These beliefs were formed long, long ago in response to the care and consistency (or lack thereof) of early caregivers.

If your caregivers were inconsistent, immature and/or untrustworthy, then you likely formed insecure, co-dependent and/or love avoidant habits in how you relate to others, wreaking havoc in your love life, and making it hard for you to create loving and stable bonds that can pass the test of time.

In Healthy Habit #1, you are invited to engage a 5-step process to shift your core beliefs about others:

1. **Identify Your Core Beliefs About Others.** Identify your automatic core belief(s) about how others feel about you (For example, “Others don’t care about me”)
2. **See Yourself as Source.** Notice how you have been unconsciously perpetuating these beliefs by how you tend to show up in your close relationships (For example, “Inside of the assumption that no one cares, I rarely tell anyone what I want and need from them”)
3. **Locate a Deeper Truth.** Challenge these false beliefs by recognizing a deeper truth (For example, “Others might show they care about my feelings and needs if I took the risk to share them openly”)
4. **Identify New Ways of Relating.** Identify new ways of relating that would generate evidence of the deeper truth (For example, “Being more aware of my feelings and needs and taking the risk to make them visible to others”), and
5. **Identify New Skills and Capacities to Cultivate.** Identify the new skills and capacities to cultivate that will allow you to show up this way consistently in life (For example, “I need to become more aware of what I’m feeling and needing, learn how to express my feelings and needs to others in ways that inspire them to extend care towards me and expand my capacity to receive care from others who move to meet my needs when I express them.”)

Listen to the audio and go through these five steps, identifying your core beliefs about others, how you’ve been perpetuating evidence that they are “true,” challenge them and discover a deeper truth, identify new ways of relating that would be consistent with this truth and notice the skills and capacities you’ll now need to develop in order to show up this way.

Reflection Questions

Healthy Habit #1: Assume the Best of Others Self-Inquiry

Journal on the following:

1. Ask yourself: “What are my core assumptions about how others feel about me?” (For example, “Men don’t value me as much as they value other women.”)
2. Ask yourself: “How have I been showing up in ways that generate evidence for this belief?” (For example, “I give myself away to men easily. I sleep with them too soon, or I over give to try to prove my value, all the while covertly communicating that I’m not valuable.”)
3. Ask yourself: “What is really true about this idea that men value other women more than me?” (For example, “Men value me to the extent that I value myself.”)
4. Ask yourself, “How could I begin showing up in life that would create a different experience?” (For example, “I could wait until someone has shown that he is invested in his relationship with me before sleeping with him, and I could begin giving in response to being given too rather than as a manipulation to try to get someone to like me.”)
5. Ask yourself, “What new skills and capacities would I need to cultivate in order to show up this way?” (For example, “I’d have to learn how to pace emotional and physical intimacy when getting to know a new person and I’d need to cultivate the ability to tolerate the vulnerability of not knowing if someone will like me or not.”)