

Reading a Beliefs Chart

More likely to include *Solid Self* if changes in beliefs are not accompanied by abrupt and lasting shifts in important relationships.

Solid Self grows out of one's own efforts to experience and understand the world, make judgments, and choose courses of action – *independent of relationship pressures.*

Years or Ages	Changes in Family Relationships	Beliefs	Relationships or Affiliations	Level of Anxiety in Relationships
6	Father leaves family.		Move to new neighborhood.	Financial problems.
6-14	Close to mother.			
14	Mother marries boyfriend Distant from mother.			
High School			Went to church with friends	
College			College.	
22	Married.		Husband's conversion	
25	Birth of first child			
Late 20's	Tensions in marriage	Bible not to be taken literally.	Relationships with new friends	
	Birth of daughter			
Early 30's	Divorced	God is with us through good times and bad. leaving "country and home"	Came to this church; supportive relationship	Lost job.

More likely to include *Pseudo-Self* if changes in beliefs are accompanied by abrupt and lasting shifts in important relationships.

Heightened **ANXIETY** increases pressures on family & other relationships.

Pseudo-Self supports *comfort in relationships* – through increased togetherness, distance and pursuit, cut-off, overfunctioning and underfunctioning, projection, or other *automatic accommodations to relationship pressures.*