

DISTILLNESS

Distilling Truth from Belief

A Practice of Becoming



The Unlearning Lessons

- 1 What is a Belief?

WHAT IS A BELIEF?

A belief is a story your mind accepts as true. It shapes what you see, how you feel, and respond to the world.

It becomes a filter on your reality.



Change your Beliefs. Change your Reality.

WHAT IS THE BELIEF?

We believe that *alcohol* helps us relax.



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WHY DOES IT EXIST?

Because what we see is only the surface.



Economic Incentives

Instititinoal Reinforcement

Culture & Media

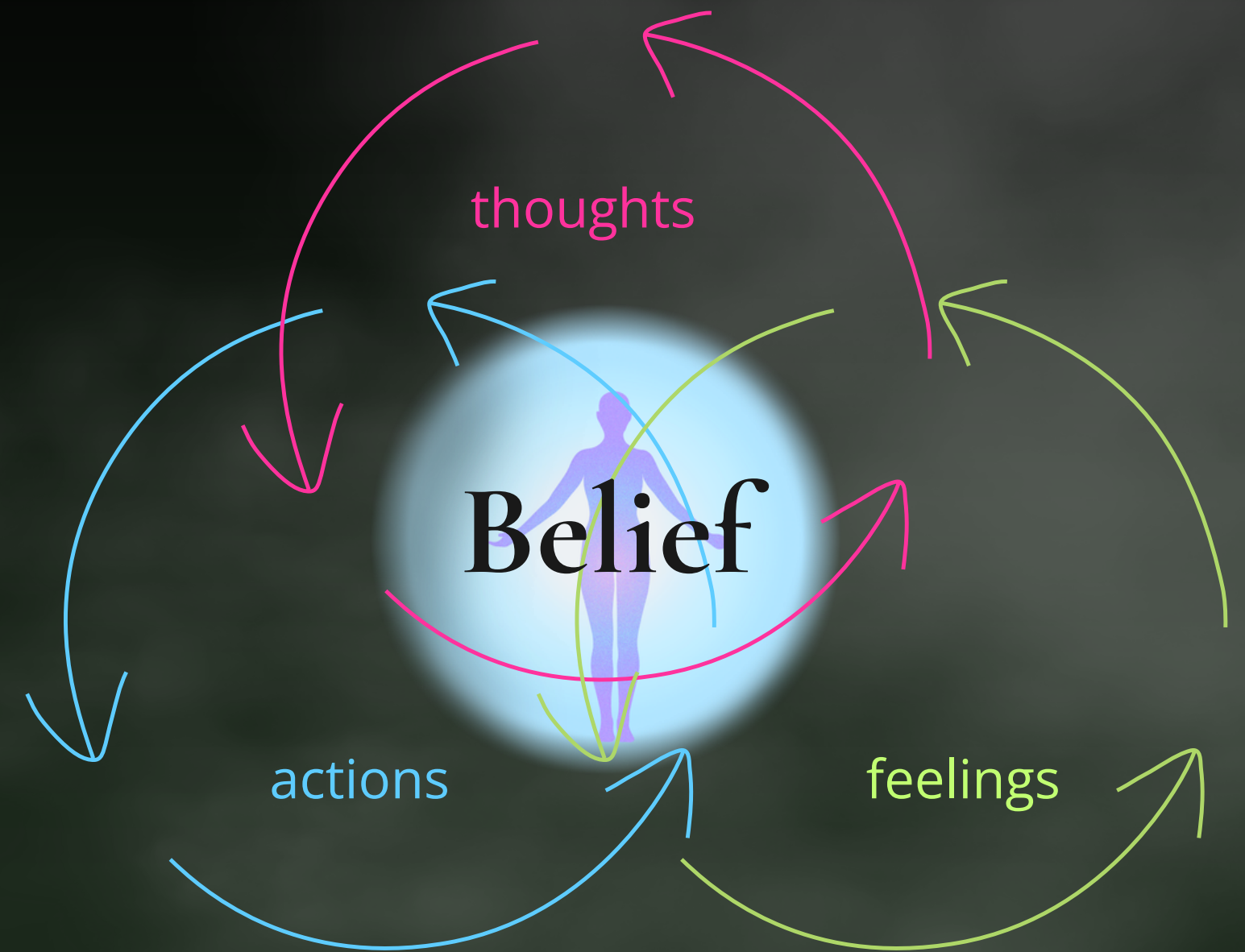
Social Norms

Early Conditioning

We believe that *alcohol* helps us relax.

HOW DOES IT WORK?

Reinforcing Feedback Loops
keep the belief alive.

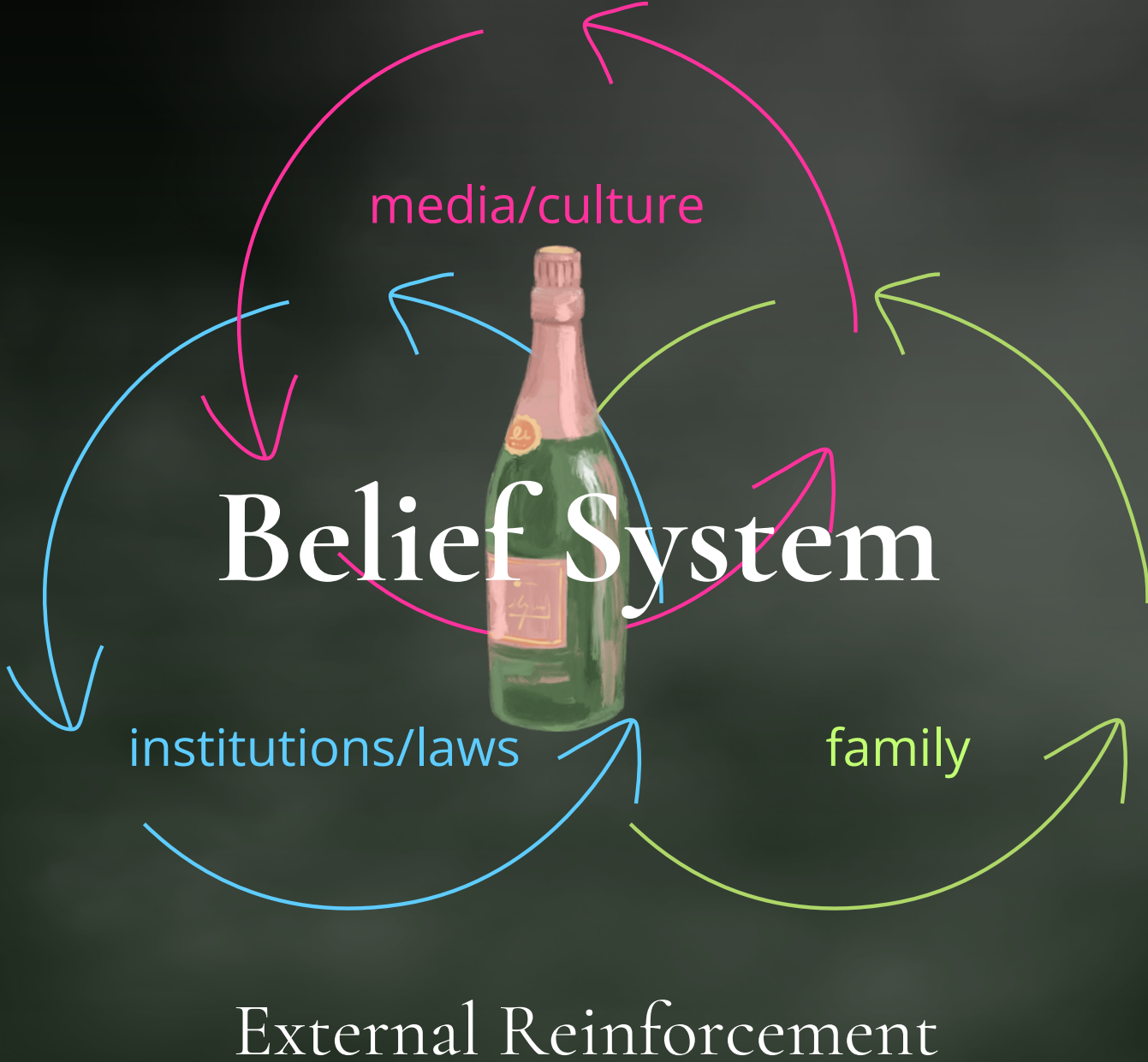


Internal Reinforcement

We believe that *alcohol* helps us relax.

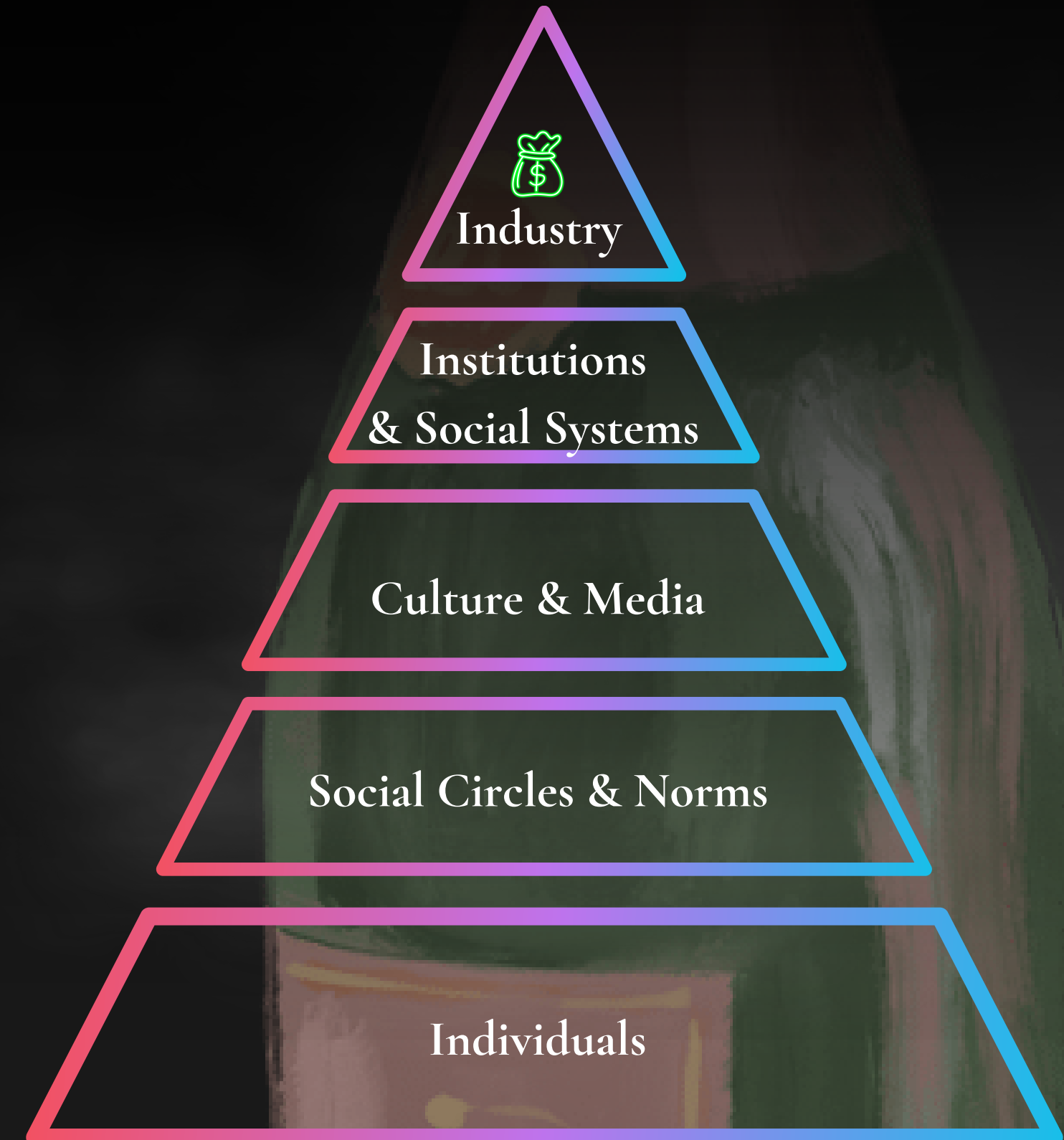
HOW DOES IT WORK?

Reinforcing Feedback Loops keep the belief alive.



We believe that *alcohol* helps us relax.

WHO BENEFITS FROM THE BELIEF?



Your beliefs create a filter on your reality.

They filter what you notice.
How you feel.
How you respond.
And the outcomes you experience.

Over time those outcomes create patterns that ripple outward into your environment, and the world reflects them back through reinforcing experiences.

The pattern repeats.

Eventually the belief becomes automatic like a program silently running in the background of your life. You don't even recognize it as something separate from you.

Your identity becomes attached to the belief.

When someone challenges the belief, it can feel like they're challenging who you are. This feels like a threat to your primitive brain and so you defend yourself by anchoring more deeply in the belief like its an armor.



**SO
WHAT?**

The Patterns in your life don't repeat because they're evil or because you're flawed.

Patterns repeat because they're efficient.

Energy conserves itself by following familiar paths.

Your brain is designed to keep you safe and conserve energy. It doesn't care about your happiness. It prefers patterns it already knows - even when those patterns are destructive and no longer serving you. That's why breaking a pattern can feel uncomfortable and even threatening because the mind protects what feels familiar, even if its destructive.

But the pattern is not your identity.

It is simply something you learned. Something that was programmed and conditioned into you and then reinforced through experiences.

Once you see the pattern you have a choice.

You can continue running the program or decide to uninstall it from your life.

Awareness is the first step.

NOW WHAT?

Run a Distillness Belief Systems Audit

Choose one belief in your life
and explore it using the
questions.

DISTILLNESS.COM



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1 What is a Belief?

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