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**Global Viewpoints Forum**

**Core Beliefs and Values -**

***Why Do We See The World The Way We Do?***

**Harborfields Public Library – Zoom Video – February 9, 2021**

**Facilitator: John Busch**



Core Beliefs and Values – *Why Do We See The World The Way We Do?*

**Relevant Data**: (Wikipedia, Psychology Today, Cmu.Edu, Forbes, Nps.gov, NYT, Usc.Edu, Scientific American)

Background

*Definitions and Examples: (Core Beliefs and Values help determine why we see the world the way we do)*

* *Core Beliefs –* Beliefs we hold to be true - Very essence of how we see ourselves, other people, the world, and the future – Things we hold to be absolute truths deep down, underneath all “surface” thoughts – Firmly embedded in our thinking and significantly shape our reality and behaviors – Nothing matters more than core beliefs – How we interpret life experiences
* *Examples –* I am good / bad – I am smart / not smart – The world is fair / not fair - I will / will not succeed – People are good / bad – There is / is not a way – Failure is / bad / a learning tool – People like / don’t like me – I can / can’t trust others – World is a beautiful / dangerous place
* *Core Values–* Fundamental beliefs – Define you as a person – Define what matters to you as an individual – Determine degree of importance of things or actions – Determine what actions are best
* *Examples –* Friendship – Achievement – Dependability – Reliability - Justice – Determination – Faith – Honor – Courage – Compassion – Adventure – Integrity – Ethics – Commitment – Trust – Hope – Optimism – Positivity – Commitment – Compassion - Curiosity
* *Conscious and Sub-Conscious* - We are often unaware of our Core Beliefs and Values, and therefore don’t see how they may impact our views of others and the world – Beliefs and Values can overlap
* *Where They Come From –* Formed early in childhood – Family – Friends – Peers - Religion – Influencers - Culture - Media – Life Experiences – Observations - School - Reading
* *Foundation of Misunderstandings/Disagreements –* “I don’t understand why you can’t see the obvious correctness of my position.” – Why otherwise similar people can “see” the same “facts” differently

*Illustrative Example:*

* *Reasonable Opportunity –* “Every child should have a reasonable opportunity to achieve a life of happiness, dignity and self-respect” – Our individual Core Belief and Value understanding of what constitutes “reasonable” and “opportunity” will influence how we see and judge an individual’s actions – Does a poor minority child have same / less opportunity, or should / shouldn’t get second chances

*Holding Contradictory Views:*

* *Walt Whitman Blades of Grass 1892 –* “Do I contradict myself? Very well then, I contradict myself. I am large and I contain multitudes.” – Core Beliefs and Values are very strongly held, but can be flexible - Humans are extraordinarily complex beings who can – comfortably – hold conflicting views on major issues, and often do not recognize nor care about the conflicts
* *Examples –* Against capital punishment, except in some cases – Lying is always wrong, except sometimes - I always do the right thing, except not always - I am against “X”, except in some cases - Everyone has the same opportunity to exceed, except, perhaps not everyone



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**Discussion Questions:**

***. . . Core Beliefs and Values . . .***

* **How aware are we of our own Core Beliefs and Values, and how they may impact how we see the world?**
* **Do we share fewer Core Beliefs and Values than in the past, and if so, why?**
* **Do differences in Core Beliefs and Values help explain our current political, cultural, and societal divisions?**
* **Can we change our Core Beliefs and Values?**

***Next Forum –*** *March 9, 2021*

**Topic:** *Top 10 Geopolitical Risks for 2021 – What Are They, and What Can Be Done?*

**Suggestions for Future Topics?**

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