

Dysfunctional Beliefs And How to Reframe Them

In their book Designing Your Life, Bill Burnett and Dave Evans refer to *dysfunctional beliefs* as “the myths that prevent so many peoples from designing the life they want”. In short, these are beliefs that weigh us down and prevent us from advancing in our path to become more complete individuals and leaders. Below are a few dysfunctional beliefs that pervade our lives and alternate thinking, or reframes, that can help us get past them

Dysfunctional Belief: We judge our life by the outcome.

Reframe: Life is a process, not an outcome.

Dysfunctional Belief: Life is a finite game, with winners and losers.

Reframe: Life is an infinite game, with no winners or losers.

Dysfunctional Belief: It’s my life, I have to design it myself.

Reframe: You live and design your life in collaboration with others.

Dysfunctional Belief: I finished designing my life; the hard work is done, and everything will be great.

Reframe: You never finish designing your life – life is a joyous and never-ending design project of building your way forward.

Dysfunctional Belief: I should know where I’m going!

Reframe: I won’t always know where I’m going – but I can always know whether I’m going in the right direction.

Dysfunctional Belief: Work is not supposed to be enjoyable; that’s why they call it work.

Reframe: Enjoyment is a guide to finding the right work for you.

Dysfunctional Belief: I’m stuck.

Reframe: I’m never stuck; I can always generate a lot of ideas.

Dysfunctional Belief: I have to find the one right idea.

Reframe: I need a lot of ideas so that I can explore any number of possibilities for my future.

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