

The Beliefs Chart: A Tool for Understanding and Change

Charting Self: The Beliefs Chart as a Tool for Change

Over the past twenty years, many church leaders have become aware of Bowen family systems theory as a way of understanding themselves and the functioning of their congregations. Those who grasp the theory appreciate the need to look beyond “quick fix” answers to the challenges facing the church, its leaders, and society as a whole.

Charting Self: The Beliefs Chart as a Tool for Change is a workshop for individuals who want to begin a long-term effort at clarifying the “solid self” which provides a basis for responsible thought and choice in an anxious world. The workshop assumes that many of our beliefs have more to do with being comfortable in relationships than with independent thought.

Charting Self offers participants a way to come to grips with the interplay of beliefs and relationships in their own lives through the use of a *Beliefs Chart*. The *Beliefs Chart* is designed to help clarify those beliefs which are one’s own – independent of relationship pressures. It offers participants a way to be more objective about their changing beliefs and relationships and to grow in the capacity to choose a steady course in life. Individual progress in this area has profound implications for the functioning of one’s family, one’s congregation, and all of one’s relationships.

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| 9:00-10:30 | - Differentiation and Charting Self <ul style="list-style-type: none">▪ Introduction to Systems Thinking▪ Solid Self and Pseudo-Self▪ Beliefs Chart: Case Study #1 |
| 10:30-10:45 | - Break |
| 10:45-12:00 | - Anxiety and Charting Self <ul style="list-style-type: none">▪ Automatic Reactions to Anxiety▪ Beliefs Chart: Case Study #2 |
| 12:00-1:00 | - Lunch |
| 1:00-2:30 | - “Proving” Solid Self or Pseudo-Self <ul style="list-style-type: none">▪ Multigenerational Patterns▪ Beliefs Chart: Case Study #3 |
| 2:30-2:45 | - Break |
| 2:45-4:00 | - Charting Your Own History <ul style="list-style-type: none">▪ Thinking About Your Own Beliefs and Relationships▪ Beginning Your Own Beliefs Chart |

Charting Self: The Beliefs Chart as a Tool for Change is appropriate for presentation to congregations as a day-long educational event, to districts or other judicatory gatherings, or to other groups.

The presenter of the *Charting Self* workshop is Bob Williamson. Bob is a religious educator with a private practice serving clergy, laity, and church organizations of all denominations. Over the past ten years, Bob has developed the *Beliefs Chart* as a tool for understanding and change. He is a graduate of the Lutheran School of Theology at Chicago (M.Div., 1976). Bob serves as adjunct faculty with the Lombard Mennonite Peace Center (LMPC), and as a member of the faculty of the Center for Family Consultation (CFC). Bob is a member of the Liberal Religious Educators Association (LREDA).

For further information, contact Bob Williamson at www.BeliefsChart.org, or phone 630-910-1856.