



# The Lion's Den

Professional Dental Community

## Lioness Leadership Concept: B.S. (*Belief Systems*)

*Ask more powerful questions and make more powerful statements.*

The questions you ask (or the statements you make) are responses to beliefs. When you hear yourself asking these types of questions ... stop and examine the beliefs they emanate from and experiment with replacing them with more powerful questions and statements which come from a more positive belief system.

- **Why** can't she be more outgoing?
- **Why** doesn't he ever get it?
- **Why** does this always happen to me?
- **How** come everybody assumes...?
- **How** could this happen?...

Begin to notice also how often you make disempowering statements like:

- Our patients will never...
- It's always easy for her...
- They never help with that...
- This shouldn't have happened...
- Nobody ever asks me ....
- I could have been the one...

Notice the prevalence of the "danger words and phrases" such as:

- Never
- Always
- Should
- Won't
- Why can't
- Why doesn't
- Everybody
- Nobody

Let those words be triggers for you... signs that you may be asking powerless questions and would want to begin the practice and discipline of replacing those with these more empowering, less victimized questions / statements such as:

- Is that the only way this could go?
- How can I (we) make this work?
- What's my story (conversation) about this?
- What do I want? How badly?
- What if you did know?
- What's my role in this?
- What am I committed to?
- What does this person really want?
- What am I afraid of?
- Where's (what's) their pain?
- Where's the opportunity?
- How can I use this?

Post this in your office, on your frig or your dashboard or where ever you feel they will be most useful as a reminder to stay in possibility and out of limited options... to always be shifting from victim to **creator of your own reality.**

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