



## Where Do My Beliefs and Attitudes Come From?

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An **attitude** is a settled way of thinking or feeling about someone or something.

A **belief** is an acceptance that a statement is true or that something exists.

But where do they come from? Our beliefs and attitudes are shaped by from our experiences, including what we see, hear, read, and are what we are taught— first as children, and into adulthood. To learn more about your own beliefs and attitudes, consider the following questions:

### What are some beliefs and attitudes you hold deeply?

- What are some of the experiences that formed these attitudes and beliefs? What were you taught? What did read, or notice others saying? What did you experience?
- Who are the people that have influenced you most?
- Why do you continue to hold these belief and attitudes so deeply?

### What is a belief or attitude you used to hold deeply, but changed?

- What were the experiences that changed you? What did you learn, read, witness, or experience?
- Who were the people that influenced you toward this change?
- Why do think you changed this beliefs or attitude?

### What are your beliefs about early childhood inclusion for young children with disabilities?

- Where did these attitudes and beliefs come from?

### What are your current beliefs and attitudes about those who do not support early childhood inclusion?

- What can you do to help others change their beliefs and attitudes about early childhood inclusion?

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