

Difference Between Values and Beliefs

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Values vs Beliefs

Knowing the difference between your beliefs and values can be a little confusing. People use both to guide their actions and behavior and to form their attitudes towards different things, but they are essentially different.

Beliefs are the convictions that we generally hold to be true, usually without actual proof or evidence. They are often, but not always connected to religion. Religious beliefs could include a belief that God created the earth in seven days, or that Jesus was the son of God. Religions other than [Christianity](#) also have their own set of beliefs. Non religious beliefs could include: that all people are created equal, which would guide us to treat everyone regardless of sex, race, religion, age, education, status etc with equal respect. Conversely someone might believe that all people are not created equal, which results in racist and sexist values and attitudes.

Beliefs are basically assumptions that we make about the world and our values stem from those beliefs. Our values are things that we deem important and can include concepts like “equality, honesty, education, effort, perseverance, loyalty, faithfulness, conservation of the environment and many, many other concepts.

Our beliefs grow from what we see, hear, experience, read and think about. From these things we develop an opinion that we hold to be true and unmovable at that time. From our beliefs we derive our values, which can either be correct or incorrect when compared with evidence, but nonetheless hold true for us.

It is possible for our beliefs and values to differ over time as we encounter evidence or have experiences that challenge our previously held views. Conversely our beliefs and values can also be strengthened by experience or evidence. For example, someone who believes in God might have that [belief confirmed when they see](#) a loved one recover from [cancer](#) and see it as a miracle delivered from God. However, a person might have their belief in the essential goodness of human beings shaken and changed if they have a truly terrible experience.

Everyone has an internalized system of beliefs and values that they have developed throughout their lives. These may stem from religion or may develop separately to religion.

Summary

1. Beliefs are concepts that we hold to be true.
2. Beliefs may come from religion, but not always
3. Values are ideas that we hold to be important.
4. Values govern the way we behave, communicate and interact with others
5. Beliefs and values determine our attitudes and opinions.

Read more: [Difference Between Values and Beliefs | Difference Between](http://www.differencebetween.net/language/difference-between-values-and-beliefs/#ixzz5pR4jP3vH) <http://www.differencebetween.net/language/difference-between-values-and-beliefs/#ixzz5pR4jP3vH>