Beliefs are police of the mind.

There are other beliefs that can be harmful to your well-being.

Beliefs can be irrational, illogical, and contradictory.

Beliefs can be delusional, divisive, and destructive.

Beliefs can be addictive, enslaving, and controlling.

Beliefs can be limiting, constraining, and restrictive.

Beliefs can be unscientific, supernatural, and paranormal.

Beliefs can be discriminatory, oppressive, and racist.

Beliefs can be self-defeating, self-destructive, and self-fulfilling.

Beliefs can be destructive, harmful, and toxic.

Beliefs can be dangerous, deadly, and lethal.

Beliefs are the police of the mind.