# Belief traceability

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## 1 Question

What is belief traceability?

## 2 Answer

In software development, is it very common to want to have traceability between things. We want to know from where a requirement came from, who created the entry, who approved that it should be supported by the software, the issues in the issue tracker that will implement the requirement, who implemented the requirement, who reviewed the implementation, etc. The goal is to be able to retell the story of this requirement from beginning to end if necessary.

In the case of belief traceability, we want to be able to trace how we've come to believe in something. Being able to trace back to the source of our beliefs allows us to determine if we still want to believe in them. Being able to also determine how a belief affects or generates other beliefs can be quite critical when we are re-evaluating our beliefs at some points in our lives.

Belief traceability starts with making a list of all the beliefs you have. Once you have made this list, you can try to determine if certain beliefs lead to other beliefs. You can also try to figure out if you have conflicting beliefs. You can attempt to associate beliefs with people, either because you think they are the ones that led you to believe something, or because they believe in that belief themselves. You may also have changed beliefs at certain points in your life. As such, it is interesting to create a timeline of your beliefs, where said beliefs are seen as being replaced or evolving over time.

As you get familiar with the process of tracking your beliefs, you will want to update your belief tracking system as you acquire new beliefs. This will allow you to reflect explicitly on what you believe and help you make a thorough analysis of those beliefs.