



## **Core Beliefs**

### **Spotting Core Beliefs**

#### **A. Start with a recent situation**

Think of a moment that triggered a strong emotional reaction.

- What happened?
- How did you feel?
- What thoughts went through your mind?

#### **B. Look for patterns**

Ask yourself:

- What does this situation say about me?
- What does it say about others?
- What does it say about the world?

Write down any statements that come up:

- Beliefs about myself:
- Beliefs about others:
- Beliefs about the world:

### **Identifying Your Core Belief**

Look at what you wrote above. Is there a theme or repeated message?

Examples:

- *"I'm not good enough."*
- *"People will leave me."*
- *"The world is unsafe."*

My core belief might be: \_\_\_\_\_

## **Gathering Evidence**

### **A. Evidence *for* this belief**

(What experiences seem to support it?)

### **B. Evidence *against* this belief**

(What experiences contradict it?)

This step helps loosen the belief's grip by showing it's not the whole story.

## **Reframing the Belief**

Use these prompts to create a more balanced, compassionate belief:

- *What would someone who cares about me say?*
- *What's a more realistic or helpful way to see this?*
- *If this belief came from a younger version of me, what would I say to them now?*

### **A more balanced belief could be:**

Examples:

- *"I'm learning and growing; I don't have to be perfect."*
- *"Some people can be trusted, even if not everyone."*
- *"The world has risks, but it also has safety and support."*

## **Putting it Into practice**

Choose one small action that aligns with your new belief.

Examples:

- Speaking up once in a meeting
- Asking for help
- Setting a boundary
- Celebrating a small win

### **My action step:**

## **Optional Reflection**

- *How does this new belief feel in my body?*
- *What changes when I act from this belief?*
- *What support might I need as I practice it?*