



Core Beliefs

We all look at the world from our own lens. Two people can have the same experience, yet have a very different interpretation of what happened. Our core beliefs are formed by our experiences and how we interpret them.

Think of your core beliefs like looking out of a pair of glasses or even looking out of a window. We see things differently because we all have our own experiences in life and we form beliefs about those experiences that would make sense to use.

Situation

You meet a new person and think about inviting them out for coffee

Core Belief

I am not worthy

Consequence

Thought: Why would they ever go out with me?

Many people see themselves very negatively; this can cause harmful consequences. In order to start changing negative core beliefs, you first have to identify what they are.

Here are some examples:

I am not lovable

I am stupid

I'm not smart enough

I am not good enough

I am ugly

I am a screw up

I am not deserving

I am not worthy

I am boring

Bold, Beautiful and Strong You



Core Beliefs

What are your negative core beliefs?

List three pieces of evidence contrary to your negative core beliefs

1

2

3
