

Getting to the Core

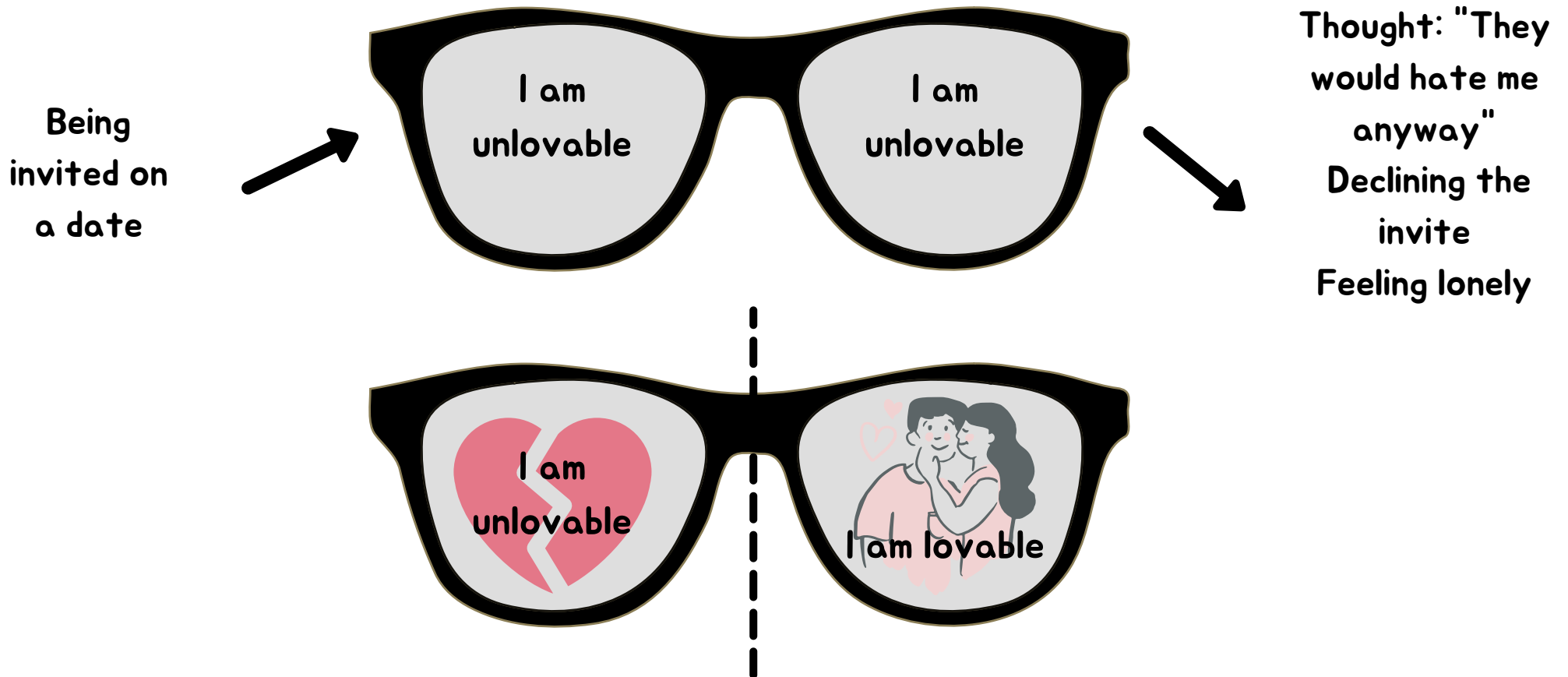
Core beliefs are deeply held beliefs about ourselves, other people, and the world around us. Our core beliefs influence the way we perceive and interpret our experiences.

Core belief will shape how a person sees the world, even if the core belief is inaccurate.

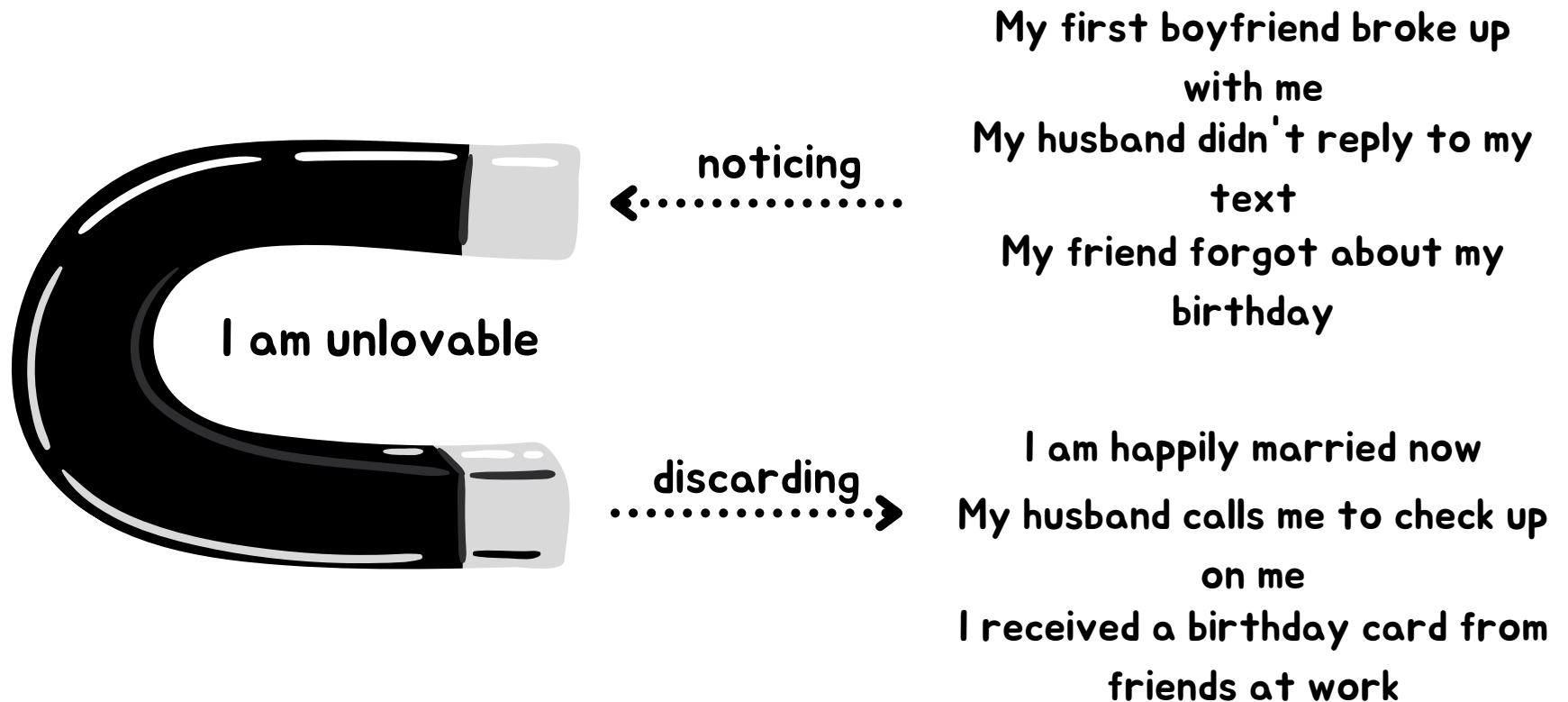
Harmful core beliefs will result in negative thoughts, feelings, and behaviour.

Core beliefs are very important because they determine to what degree a person sees themselves as worthy, safe, loved, etc.

Think of core beliefs as glasses. Everyone is wearing a different pair and every pair is showing a different version of the world.



Our core beliefs will influence what we detect and what goes unnoticed. Imagine core beliefs as a magnet that attracts certain evidence and repels other.



Common core beliefs

I am unlovable

World is dangerous

I am weak

I am bad

I am ugly

I am a loser

I am not enough

I am boring

I am nothing

I am stupid

I am worthless

I am powerless

I am an outsider

People are bad

I am special

My core belief

Evidence that supports my core belief

Evidence that does not support my core belief