

Identifying Core Beliefs

We develop core beliefs during our childhood and these can be further developed and reinforced throughout our adult life by our experiences and thinking styles.

These beliefs can be categorised into the two broad categories of 'helplessness' and 'unlovability'.

Identify the top three core beliefs that you identify with most strongly.

Give some thoughts to the origins of these beliefs (i.e. they are not usually based on sound evidence but rather unfortunate experiences or the behaviour of others).

Remind yourself of evidence that is contrary to these beliefs.

Examples of 'Helplessness' beliefs:

- I am powerless
- I am weak
- I am vulnerable
- I am inadequate
- I am incompetent
- I am a failure
- I am defective
- I am not good enough
- I am needy
- I am trapped

Examples of 'Unlovability' beliefs:

- I am unlovable
- I am unlikable
- I am undesirable
- I am unattractive
- I am unwanted
- I am unworthy
- I am different
- I am bound to be rejected
- I am bound to be alone