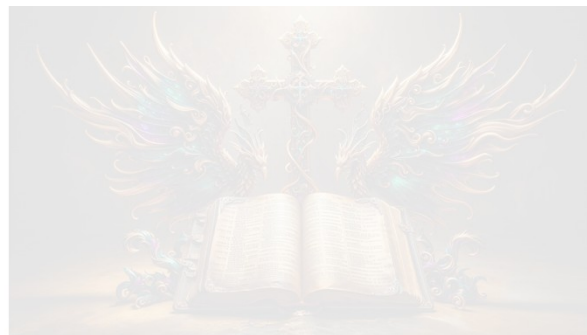
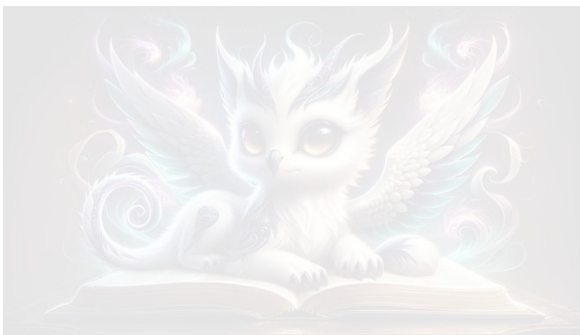


Finding Your Core Beliefs

Discover the beliefs shaping your
thoughts, emotions, and actions
so you can live with more
freedom, purpose, and peace.

Reflection Question

What do I hope to discover about myself through this journey?



Welcome

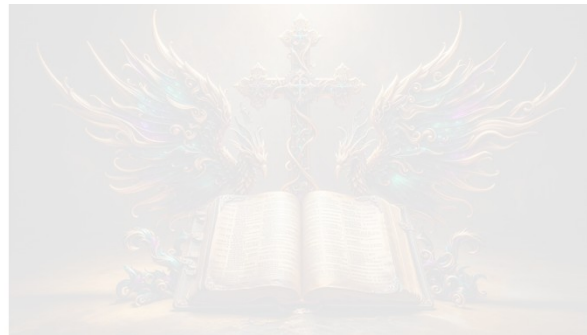
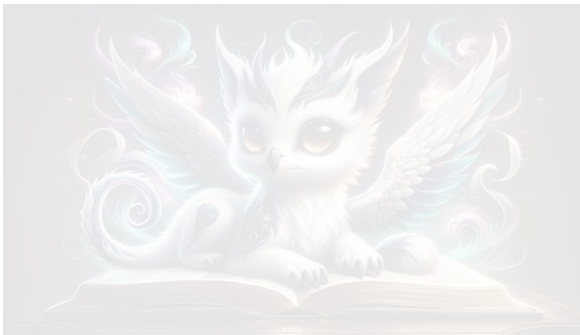
Your core beliefs are the thoughts you believe to be true about yourself, others, life, and the world around you. They influence the way you think, feel, and respond every single day.

The good news is, beliefs can be identified, challenged, and replaced with truth that sets you free.

Let's begin this journey together.

Reflection Question

What is one belief about myself I would like to understand better?



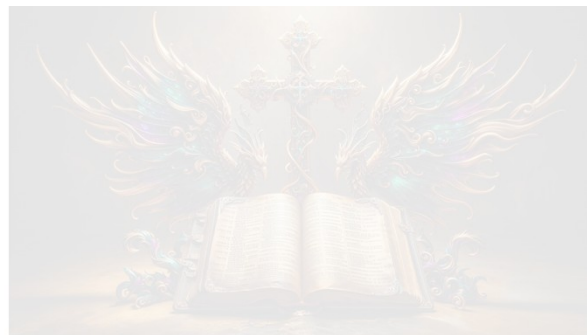
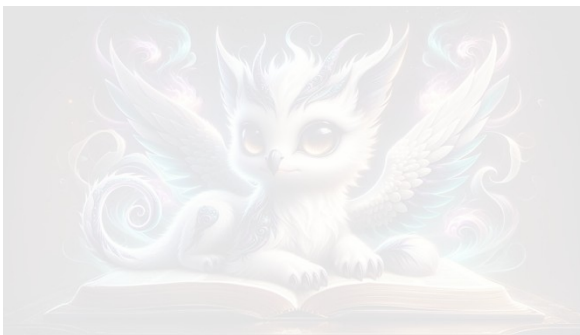
What Are Core Beliefs?

Core beliefs are deeply held assumptions you have about yourself, others, relationships, God, and the world.

They are usually formed from experiences, messages we've heard, and moments that shaped us.

Reflection Question

What belief about myself, others, relationships, God, or the world shows up most often?



Examples of Core Beliefs

Some Unhelpful Beliefs:

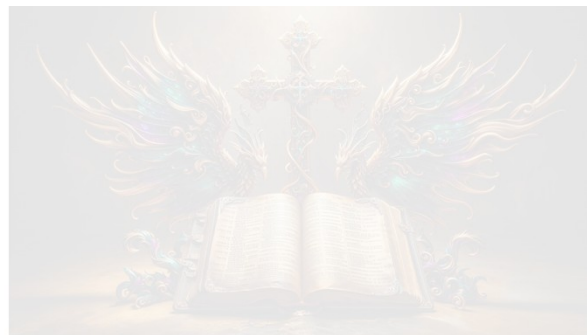
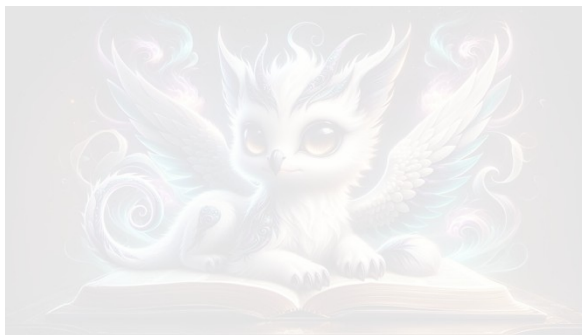
- I'm not good enough.
- People always leave.
- I have to be perfect.
- It's not safe to trust.
- I don't matter.

Some Helpful Beliefs:

- I am loved and accepted.
- I am capable and strong.
- I have value and purpose.
- I can trust God and others.
- I am enough.

Reflection Question

Which example feels most familiar to me - and why?



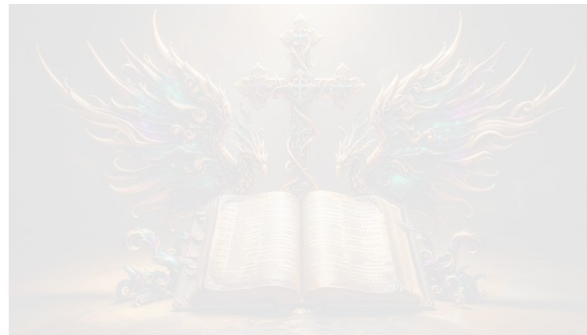
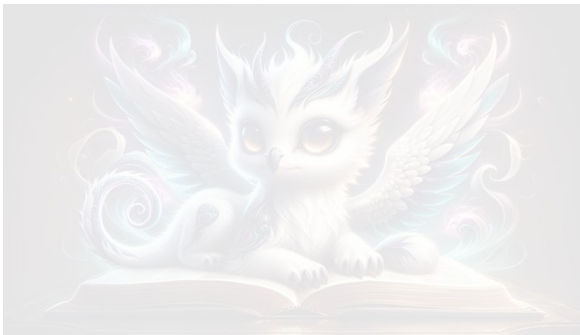
How Beliefs Are Formed

Our core beliefs can develop through:

- Childhood experiences
- Family and relationships
- Things people have told us
- Cultural and societal messages
- Successes and failures
- Painful or traumatic moments
- Our own interpretations of events

Reflection Question

What experience or message may have shaped one of the beliefs I carry today?



Why It Matters

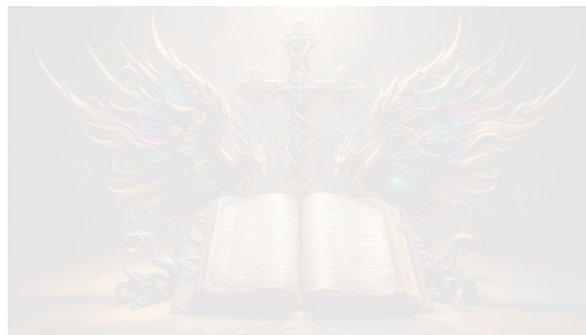
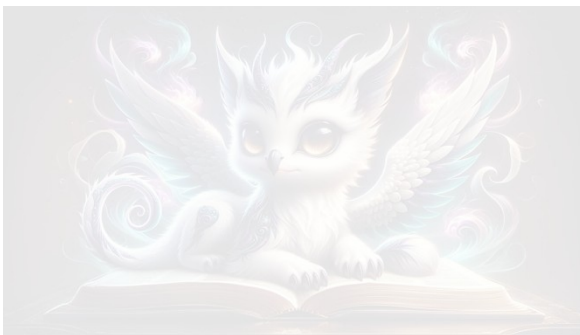
Your beliefs shape:

- Your thoughts
- Your emotions
- Your choices
- Your behaviors
- Your relationships
- Your self-image
- Your future

When we change our beliefs,
we change our lives.

Reflection Question

Which area of my life is most affected by the beliefs I carry?



Step-by-Step: Discover Your Core Beliefs

We're going to work backwards
from a situation that triggered you.

Trigger → Thought → Feeling → Fear

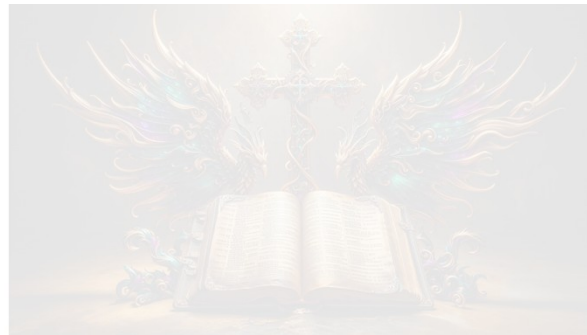
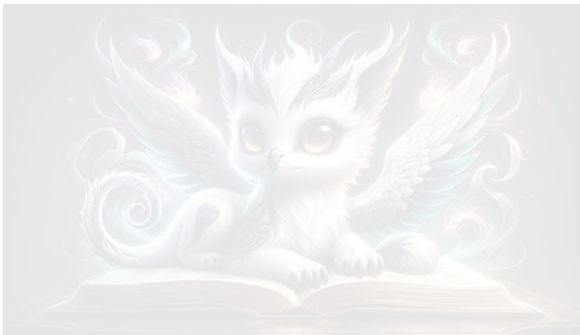
What does this mean about me?



Core Belief

Reflection Question

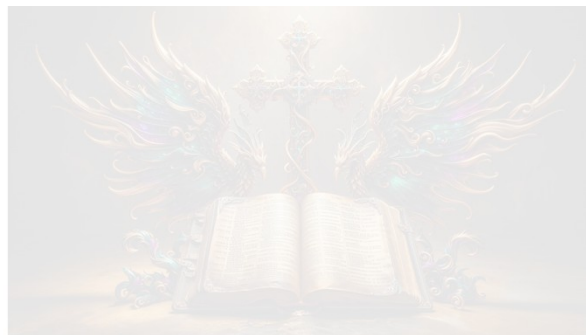
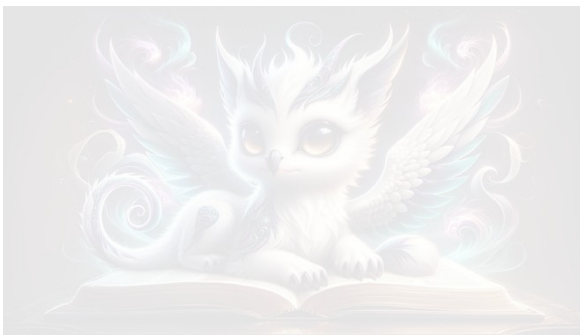
Think of one recent trigger. What might it reveal about a deeper belief?



Step 1: Notice a Trigger

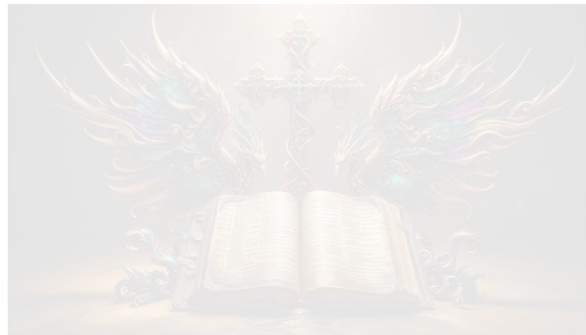
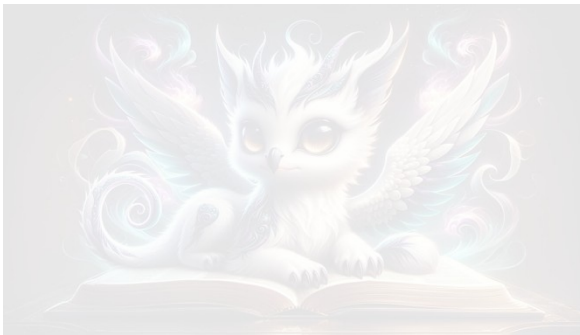
Think of a recent situation that made you feel upset, hurt, anxious, angry, ashamed, or defensive.

What happened?



Step 2: Write Your First Thought

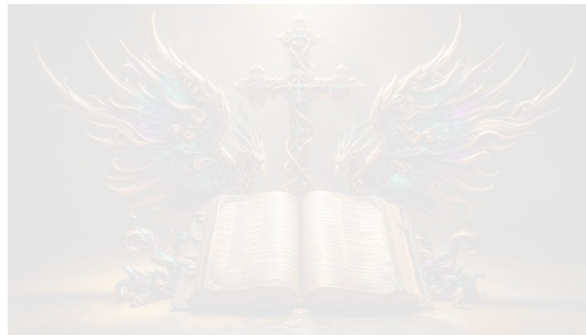
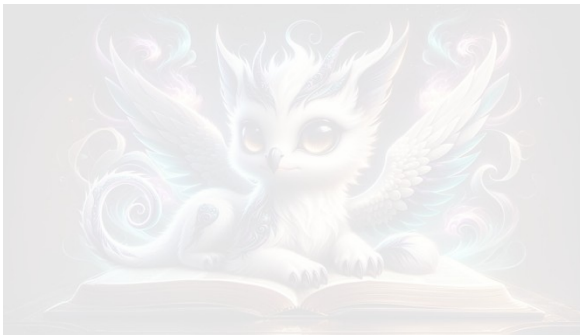
What was the very first thought
that went through your mind?



Step 3: Name the Feeling

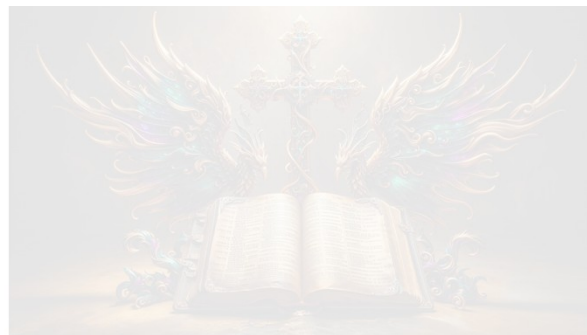
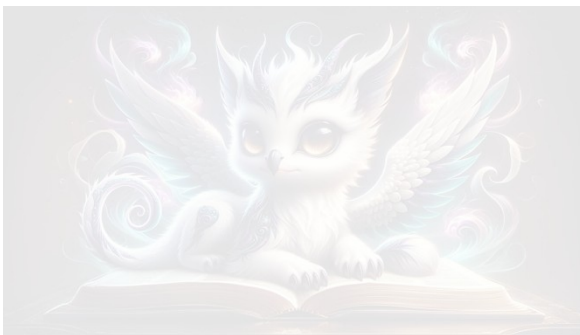
What emotion did you feel?

Some examples: fear, shame, sadness, anger, rejection, jealousy, anxiety, hurt, frustration.



Step 4: What Am I Afraid This Means?

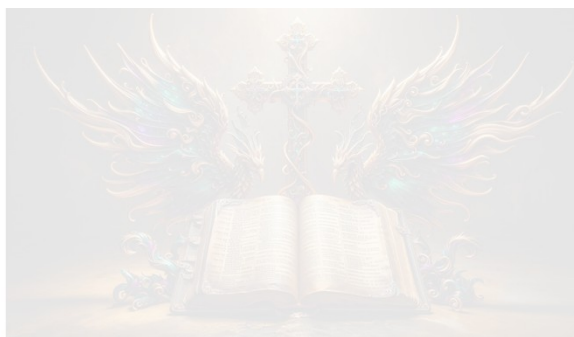
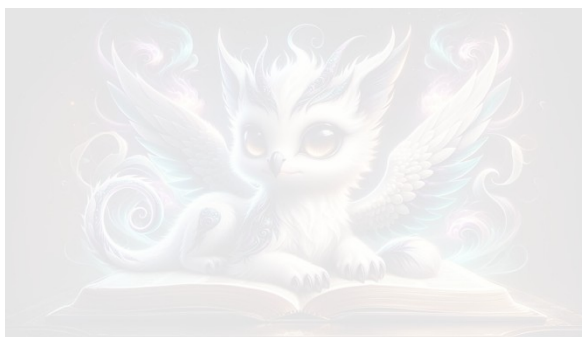
What were you afraid this situation
might mean?



Step 5: What Does That Mean About Me?

What does this fear or situation mean about YOU?

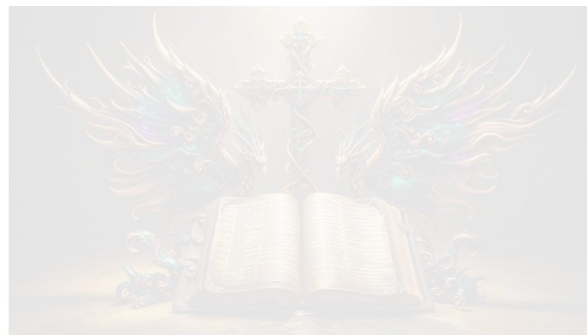
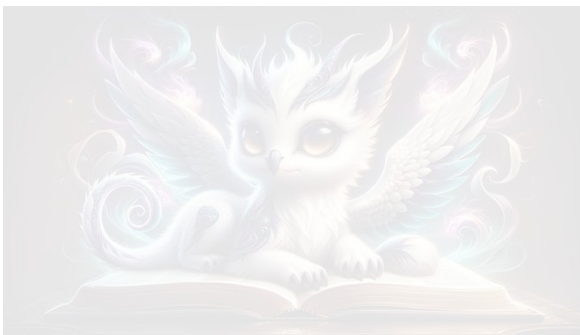
Keep asking until you reach something deeper. This is usually your core belief.



Step 6: Look for Repeats

Do you see this same message showing up in different situations or relationships?

If yes, write down the repeating belief.

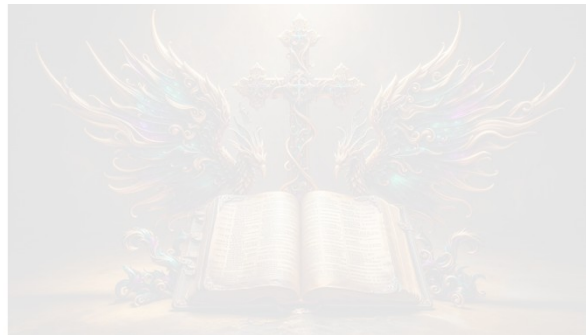
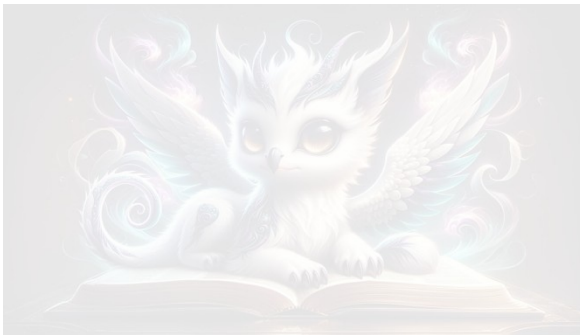


Step 7: Question It

Is this belief actually true, or is it something I learned to believe?

What evidence supports this belief?

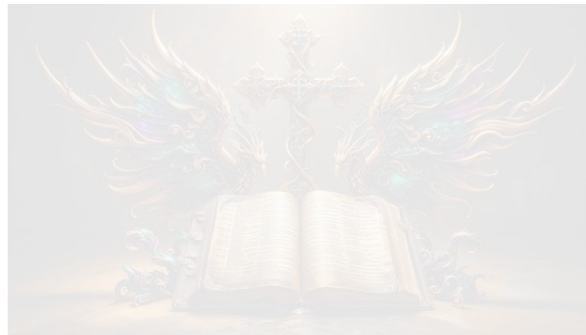
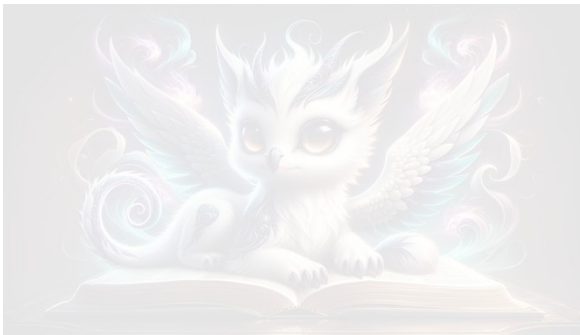
What evidence contradicts this belief?



My Core Beliefs

List some of the core beliefs you've identified about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

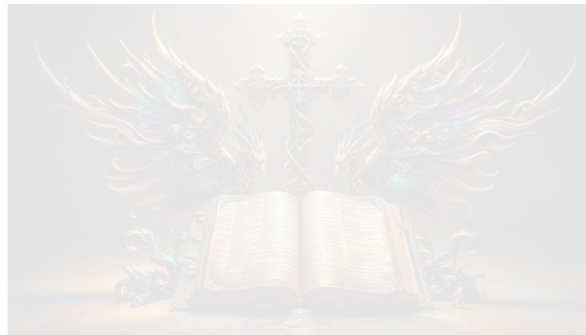
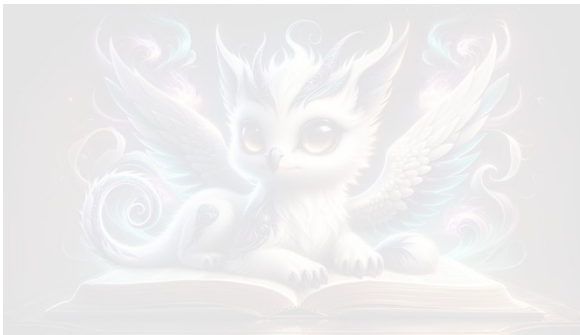


Core Beliefs vs. Core Values

My Top Core Values
(What matters most to me)

1. _____
2. _____
3. _____
4. _____
5. _____

Do my beliefs help me live according
to my values... or get in the way?

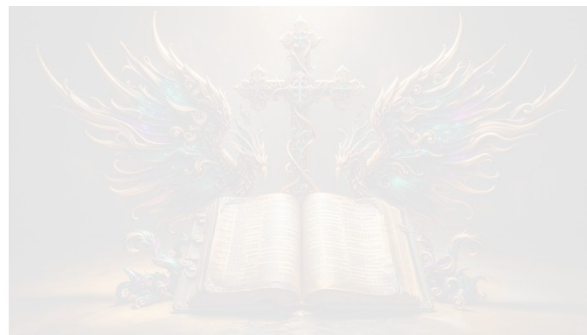
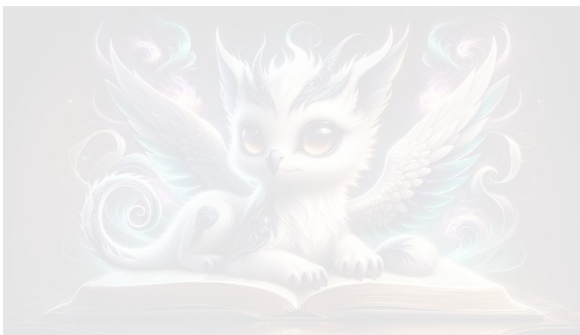


Simple Ways to Replace Unwanted Core Beliefs

1. Name the old belief.
2. Ask where it came from.
3. Challenge the evidence.
4. Create a believable replacement.
5. Catch yourself using the old belief.
6. Practice the new belief through action.
7. Watch the way you speak to yourself.
8. For faith-based beliefs, compare them with truth.

Easy Formula for Change:

**RECOGNIZE → QUESTION →
REPLACE → PRACTICE → REPEAT**



Replacing Beliefs in Action

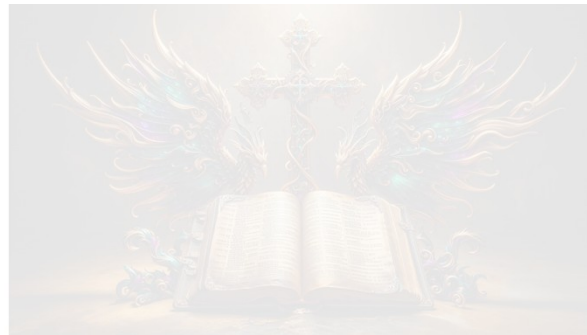
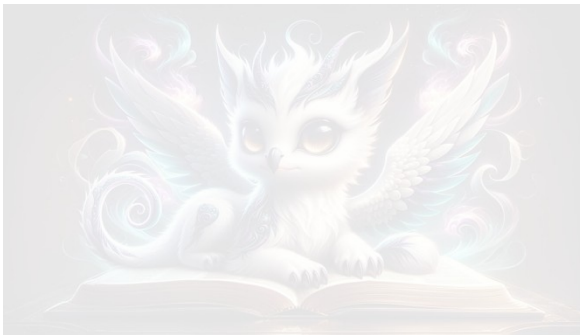
Old Belief:

Where Did It Come From?

Evidence That It's Not True:

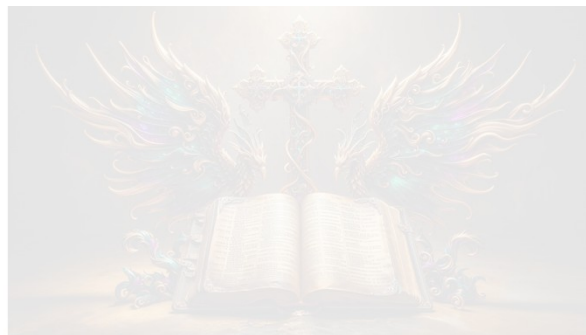
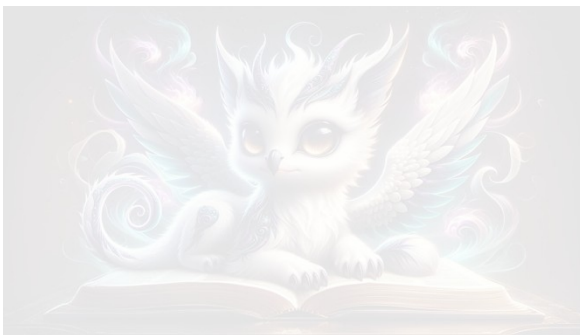
New, Healthier Belief:

Action Step I Can Take:



Scripture Truths for Your Journey

1. I am fearfully and wonderfully made. - Psalm 139:14
2. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. - Romans 12:2
3. We take captive every thought to make it obedient to Christ. - 2 Corinthians 10:5
4. Think about whatever is true, noble, right, pure, lovely, admirable. - Philippians 4:8
5. I am God's workmanship, created for good works. - Ephesians 2:10
6. I have been redeemed and called by name. - Isaiah 43:1
7. Cast all your anxiety on Him because He cares for you. - 1 Peter 5:7
8. Guard your heart above all else, for it determines the course of your life. - Proverbs 4:23



Keep Going, Beautiful Soul

You probably didn't develop a core belief overnight, and you won't change it overnight either.

Be patient. Be kind to yourself.
Keep noticing. Keep choosing truth.

With each step, you are becoming more of who God created you to be.

You are loved. You are enough.
You are not alone.

You've got this!

