

Finding Your Core Beliefs

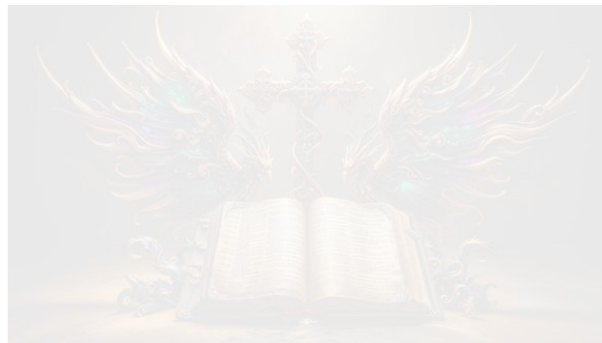
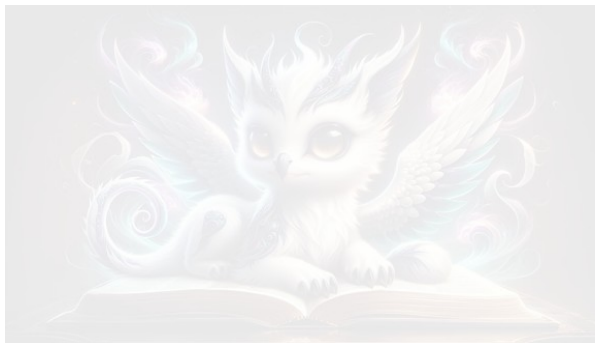
A Simple Step-by-Step Reflection Guide

Instead of trying to think up your core beliefs, work backward from your reactions.
Strong emotions can be clues pointing toward the deeper beliefs underneath.

Trigger → Thought → Feeling → Fear → “What does this mean about me?” → Core Belief

*“Search me, O God, and know my heart... and lead me in the way everlasting.” - Psalm
139:23-24*

What would I like God to help me understand about myself as I begin?



Step 1: Notice a Trigger

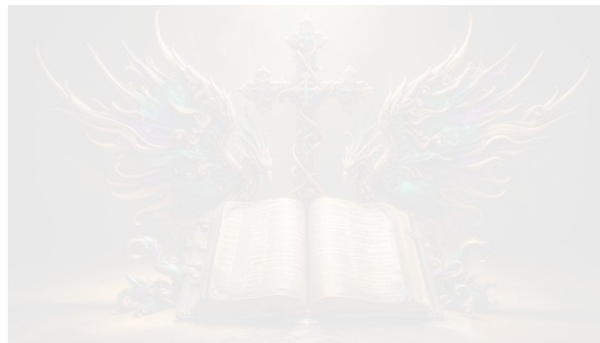
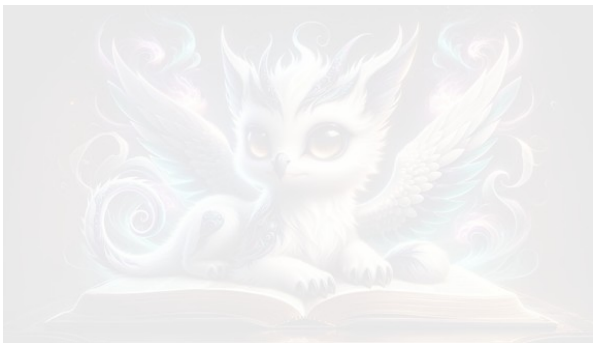
Pick a recent situation that made you feel hurt, angry, anxious, rejected, ashamed, jealous, or defensive. Don't judge the reaction - simply notice it.

"Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23

What happened?

Who was involved, and what was said or done?

What part of the situation affected me the most?



Step 2: Write Your First Thought

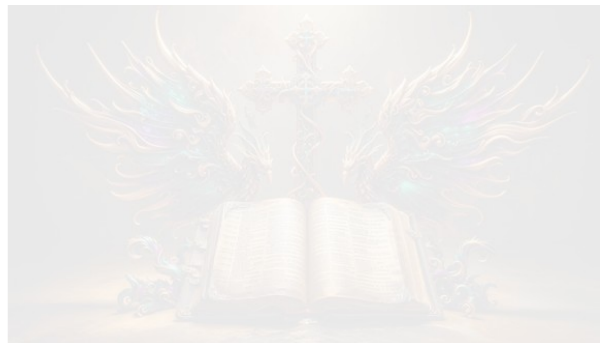
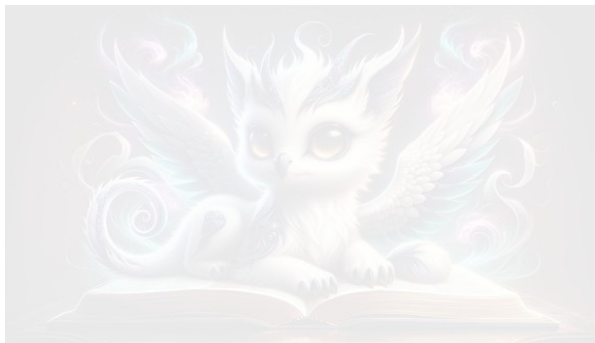
Before you explain or correct yourself, capture the very first thought that appeared. Automatic thoughts often reveal what your mind already expects to be true.

"Be transformed by the renewing of your mind." - Romans 12:2

What did I immediately tell myself about what happened?

What did I assume about the other person or situation?

If I could hear my inner voice in that moment, what was it saying?



Step 3: Name the Feeling

Give the emotion a name. It might be fear, shame, sadness, anger, jealousy, rejection, disappointment, embarrassment, loneliness, or something else.

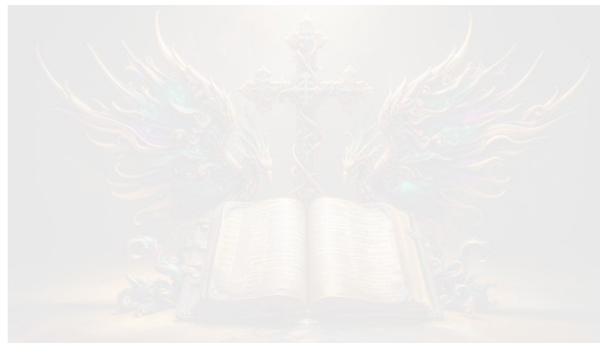
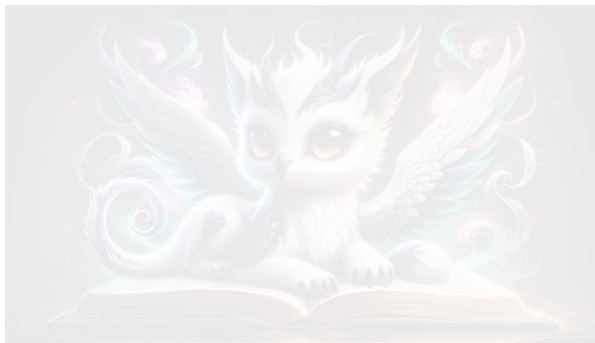
"The LORD is near to the brokenhearted." - Psalm 34:18

What emotion did I feel first?

How strong was it from 1-10?

Where did I notice the feeling in my body?

What did that feeling make me want to do?



Step 4: What Am I Afraid This Means?

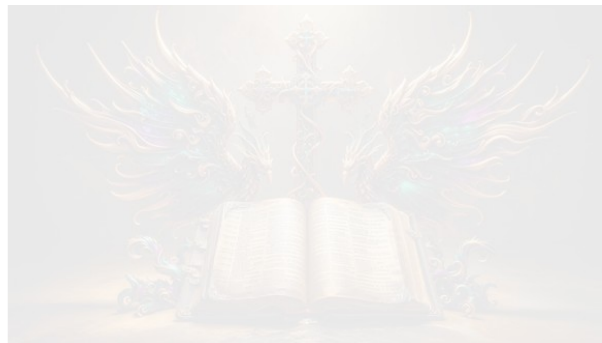
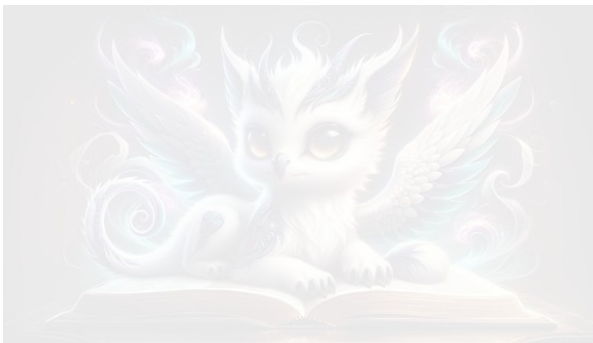
Move beneath the surface. Example: "They didn't answer me" can become "Maybe they're upset with me." Ask what you fear the situation means.

"When I am afraid, I put my trust in you." - Psalm 56:3

What am I afraid this situation means?

What am I afraid will happen next?

What would be especially painful about that?



Step 5: What Does That Mean About Me?

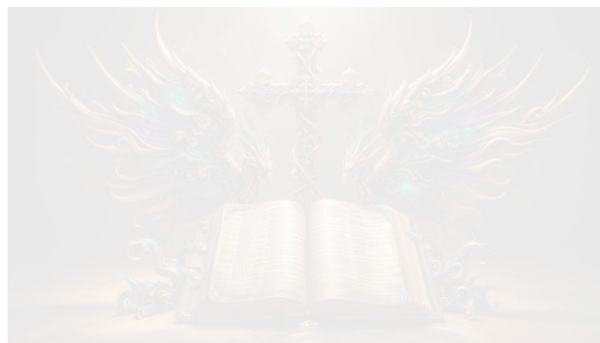
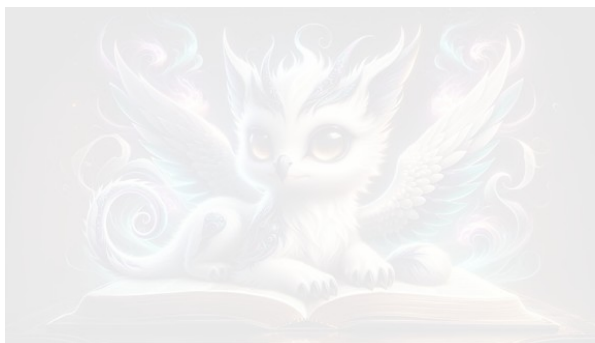
Keep asking the question until you reach something deeper. Example: "They're upset" → "I did something wrong" → "I'm hard to love." The deeper statement may be a core belief.

"I praise you because I am fearfully and wonderfully made." - Psalm 139:14

If my fear were true, what would it mean about ME?

Ask again: And if THAT were true, what would it mean about me?

What deeper statement keeps appearing?



Step 6: Look for Repeats

Core beliefs tend to show up in more than one situation. Look for the same message underneath different conflicts, worries, relationships, or disappointments.

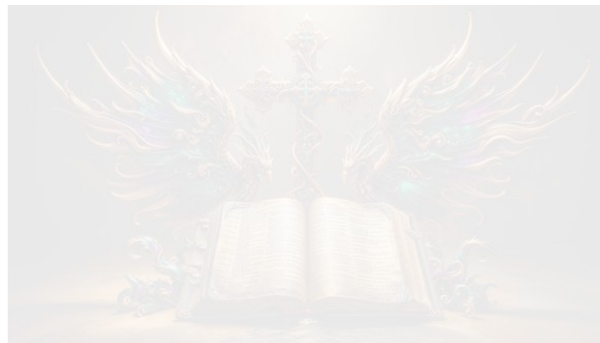
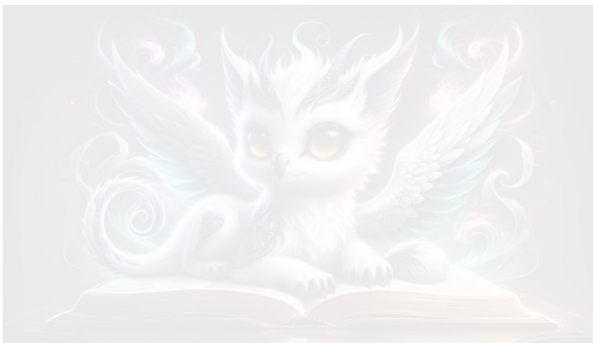
"As water reflects the face, so one's life reflects the heart." - Proverbs 27:19

Where else have I felt this same message?

Does this belief show up in relationships, work, parenting, faith, or self-worth?

When do I remember first feeling something similar?

What repeating belief do I notice?



Step 7: Question It

Finding a core belief does not prove that it is true. Ask whether it is a fact, an interpretation, or something you learned to believe.

"You will know the truth, and the truth will set you free." - John 8:32

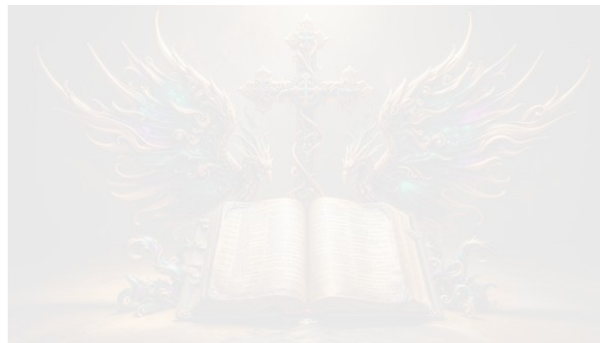
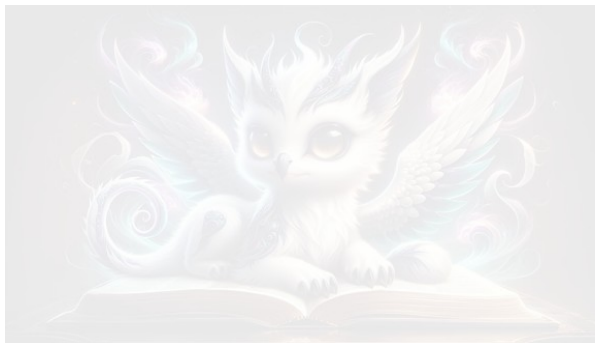
Is this belief ALWAYS true?

What evidence seems to support it?

What evidence contradicts it?

Where might I have learned this belief?

What would I say to someone I love who believed this about themselves?



Put It All Together

Use one real situation and follow it all the way down.

Example: Someone pulls away → "They don't want me" → hurt → fear of rejection → "I'm not worth staying for."

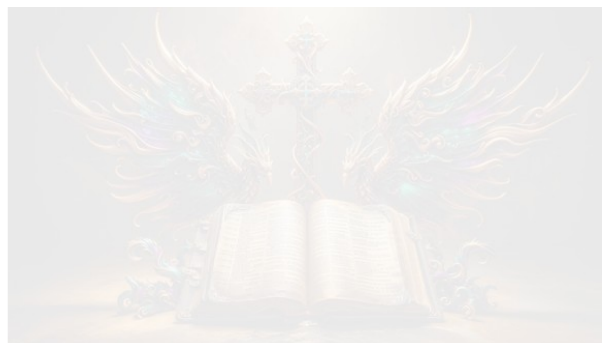
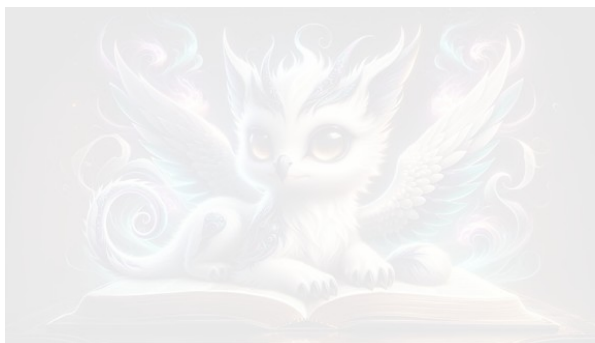
TRIGGER - What happened?

THOUGHT - What did I immediately tell myself?

FEELING - What did I feel?

FEAR - What was I afraid it meant?

CORE BELIEF - What did I decide this meant about me?



From Core Belief to Truth

That last statement is the belief you can begin challenging. You don't have to replace it with something exaggerated - choose a healthier truth you can genuinely practice.

"Whatever is true... think about such things." - Philippians 4:8

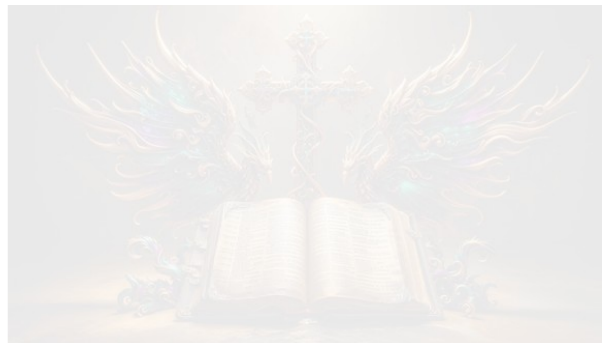
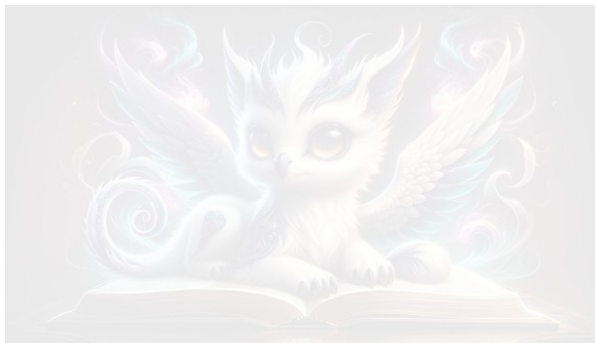
The old belief I discovered:

Is it a fact, or something I learned to believe?

What truth challenges this belief?

A healthier belief I want to practice:

One action I can take that agrees with this new belief:



Prayer & Reflection

Use this page to slow down, pray, and reflect on what you discovered.

"Create in me a clean heart, O God, and renew a steadfast spirit within me." - Psalm 51:10

God, what truth do I need to remember about who I am?

What belief am I ready to stop allowing to control my choices?

What truth from Scripture do I want to carry with me this week?

Remember: A core belief may explain a pattern, but it does not have to define your future. Notice it. Question it. Compare it with truth. Practice something healthier - one choice at a time.

