



Petunia

COUNSELLING SERVICES

You were made to bloom.

CORE BELIEFS

Understanding the Stories You Live By



Core beliefs are the deep-down thoughts we hold about ourselves, others, and the world. They shape how we think, feel, and respond in our relationships and daily life.



HOW TO USE THIS SHEET

- Read the common core belief themes below.
- Reflect on which ones feel familiar or true for you.
- Complete the reflection section to explore how these beliefs show up in your life.



COMMON CORE BELIEF THEMES



SELF-WORTH

I'm not good enough.
I don't deserve love.
I have to earn my worth.



RELATIONSHIPS

I will be rejected.
People will leave me.
I can't trust others.



WORLD VIEW

The world is unsafe.
People are not trustworthy.
I have to be self-reliant.



CONTROL & PERFECTION

I must be in control.
I must be perfect.
Mistakes are not okay.



RESPONSIBILITY & BLAME

It's my fault.
I have to fix everything.
I'm responsible for others' feelings.



SAFETY & SURVIVAL

I must always be prepared.
I have to stay strong.
It's not safe to show weakness.



YOUR REFLECTION



Which core belief(s) feel most true for you?



Where do you think this belief came from?



How does this belief show up in your thoughts?



How does this belief show up in your feelings and body?



How does this belief influence your behaviour and relationships?



GENTLE REMINDER

A core belief is not a fact.
It's a story you've learned.
And every story can be rewritten.



Awareness is the first step toward change.

You are not your core beliefs – you are so much more.

