

Identify Core Beliefs

Core beliefs have a strong impact on the quality of our lives including our physical and mental health. These helpful and not-so-helpful core beliefs represent our view of ourselves, others, the world and the future. Learned in childhood and over the lifespan, core beliefs are often rigid, absolute and difficult to change. Identifying negative, self-defeating beliefs can help uncover the root influence on current thoughts, feelings, and behaviors. In the exercise below, describe your current beliefs about yourself, others, and the world. Imagine that your core beliefs act like a filter or a part of rose colored glasses that enhance or distort your view of yourself, others, and the world.

I am...?

Others are...?

The World is...?
