

DETECTING CORE BELIEFS

Describe the adverse situation, in-the-moment thoughts, and the consequences.

Adversity (The Story)

Example: Mike put his coffee mug on the table without using a coaster, even though the coasters were right in front of him.

In-the-Moment Beliefs (Thoughts)

Example: He knows I like people to use coasters. He sees the coasters, but he still isn't using one. That's just wrong.

Consequences (Emotions & Behaviors)

Example: I was as angry as I ever get. An 11 on a scale of 1 to 10. I ranted for about ten minutes and then left the apartment and walked around the neighborhood to calm down.

Ask yourself the following questions:

What does that mean to me?

Example: Question: So, he didn't use a coaster, what does that mean to me? Answer: It means that he doesn't care whether I want him to use a coaster.

What is the most upsetting part of that for me?

Example: Question: Okay, so what if he doesn't care about my coaster need? What is so bad about that? Answer: Taking care of our things is important to me and he knows that. I know I'm a bit of a control freak, but by not using the coaster he is showing me that he isn't willing to respect my needs and put up with my quirks.

What is the worst part of that for me?

Example: Question: Assuming that's true, that he doesn't respect my needs and put up with my quirks, what is the worst part of that? Answer: The worst part is that we're about to get married. And I expect my husband to support me and understand me. If he can't even bother to use a coaster, how can I trust him to support me on the big issues?

What does that say about me?

Example: Question: Assuming that I can't trust him around the big issues, what does that mean to me? Answer: It means that I'm about to make a huge mistake and that he isn't the person he said he was. It means that for all of his talk about loving me, flaws and all, when it comes down to it, he thinks that what I want doesn't matter.

What's so bad about that?

Example: Question: What is the worst part of that? The worst part is that it means he hasn't been truthful with me and that he has been manipulating me all along. I rights deserve to be respected and what I want matters.

Conclusion:

Example: Once I this boil this down, I realize that I am not angry over the coaster, but I'm angry over the core, personal belief that I what I think and want matter. I want to be respected and thought of as an equal.