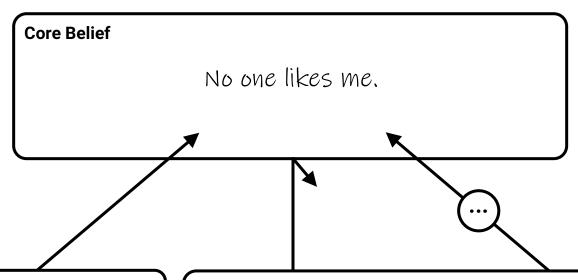
Core Beliefs

Examining the Evidence

Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen.

As a person has new experiences, their core beliefs may gradually change. However, some experiences have a greater impact than others. Information that *supports* a core belief is easily integrated, making the belief stronger. Information that *does not* support a belief tends to be ignored.



Information that supports my core belief.

Accepted

Information I integrated into my core belief.

My friend didn't answer the Phone when I called.

The cashier at the grocery store was unfriendly.

My boss gave me some negative feedback at work.

Information that does not support my core belief.

Rejected

Information I did not integrate into my core belief.

I was invited to a coworker's birthday party.

Customers at my job always seem happy to talk with me.

My friend called to check in when I was sick.

Modified

Information I modified before integrating into my core belief.

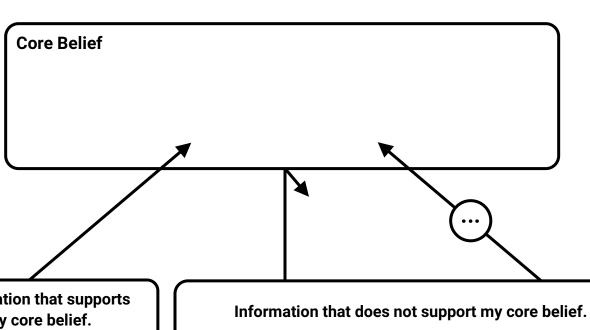
I was asked out on a date ...but it must've been out of pity.

I'm close with my parents ...but they're my parents, so they don't count.

My friend gave me a birthday present ...but only because I gave them one.

Core Beliefs

Examining the Evidence



Information that supports my core belief.

Accepted

Information I integrated into my core belief.

Rejected

Information I did not integrate into my core belief.

Modified

Information I modified before integrating into my core belief.