

# Core Beliefs:

Core beliefs are our most deeply held assumptions about ourselves, the world, and others. They are firmly embedded in our thinking, and significantly shape our reality and behaviors. Yet, as the name suggests, core beliefs are precisely that – beliefs rather than facts. Based on childhood assessments, they are often untrue. They are also self-perpetuating. Like magnets, they attract evidence that makes them stronger, and they repel anything that might challenge them. But the good news is that it is possible to change them.

Write down your negative thought patterns - in how you think with your heart: Do you believe:

- You are loved? Yes \_\_\_ No \_\_\_
- Worthy and valued? Yes \_\_\_ No \_\_\_
- You are enough? Yes \_\_\_ No \_\_\_
- Do you love yourself? Yes \_\_\_ No \_\_\_

If No, why:

## Exercise 2

- I must perform to receive praise and love
- I only get love in how I act
- I must earn it
- How I look

Am I loved only \_\_\_\_\_

( how I look, how I perform, how I act?)