



CORE BELIEFS

Understand your beliefs. Change your lens.

Name: _____

Date: _____



Core beliefs are our deeply held assumptions about ourselves, others, and the world around us. They shape how we think, feel, and act. These beliefs are like lenses that color every experience. We all wear different lenses, which is why two people can have the same experience yet respond to it in very different ways.



EXAMPLE: HOW CORE BELIEFS SHAPE OUR EXPERIENCE



Situation: You meet someone new and think about asking them out for coffee.

NEGATIVE CORE BELIEF LENS



- **Core belief:** I'm not good enough.
- **Thought:** "Why would they ever go out with me?"
- **Feeling:** Sad
- **Behavior:** You don't ask the person to coffee.

VS.

POSITIVE CORE BELIEF LENS



- **Core belief:** I am worthy of connection.
- **Thought:** "We might have fun if we go out together."
- **Feeling:** Optimistic
- **Behavior:** You ask the person to coffee.

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IDENTIFY YOUR CORE BELIEFS

Negative core beliefs distort how people see things, which can lead to harmful consequences. In the list below, circle the core beliefs that resonate with you or write in your own.

 I'm unlovable.	 I'm worthless.	 I'm a failure.	 I'm a bad person.
 I'm abnormal.	 No one likes me.	 Nothing ever goes right.	 I'm helpless.
 People can't be trusted.	 People will always leave me.	 I don't deserve happiness.	 The world is dangerous.

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REFLECT & REFRAME

Think of a core belief you hold deeply. How has this belief negatively impacted you?

I'm NOT
worthy



I AM
worthy



Your beliefs shape your reality. New beliefs create new possibilities.

