



Core Beliefs

Everyone has a unique perspective on the world. Two people can experience the same event, but have completely different interpretations of what happened. This is because our core beliefs, which are our deeply held beliefs about ourselves, others, and the world, influence how we perceive the world around us. Think of core beliefs like a pair of glasses. Everyone's glasses have a different lens color, which affects the way they see the world. For example, someone with rose-colored glasses may see the world in a more positive light, while someone with gray-tinted glasses may see the world in a more negative light.

Situation	Core Belief	Consequence
You meet a new person and think about asking them to hang out.		Thought: "Why would they want to go out with me?" Behavior: Does not ask person out.
		Thought: "We might have fun on our date." Behavior: Asks them out on a date.

Many people have negative core beliefs that can lead to harmful consequences. To start challenging these beliefs, you first need to identify them. Here are some common examples:

I'm abnormal	I am not good enough	I'm stupid
I am a bad person	I'm unlovable	I am ugly

What is one of your negative core beliefs? _____

List three pieces of evidence contrary to your negative core belief:

- 1) _____
- 2) _____
- 3) _____