



# Challenging Core Beliefs

Core beliefs are learned, they can be family or culture-specific, and are resistant to change. Helpful core beliefs are realistic, flexible, and adaptable. They allow us to function healthily and safely. Unhelpful core beliefs are usually the opposite and tend to hold us back in life and are detrimental to our self-esteem and often our well-being.

These core beliefs often play out in our everyday functioning with the rules and expectations that we place upon ourselves.

In order to challenge your core beliefs, rules and assumptions it is helpful to ask yourself:

- What do you expect of yourself in this situation?
- What you expect from another in the same situation?
- What are you thinking about this situation?
- Are you evaluating yourself or the situation harshly or negatively?
- Do you have any direct messages or old family sayings you were exposed to as a child about this?
- Who did you get this belief from?
- What were the circumstances?
- When did this belief stem from?
- What areas in your life now are you proving otherwise?

Now let's see if the old belief is supporting you.

- Is it helpful?
- Are there advantages and disadvantages to holding on to this belief?

Ok so let's write up the evidence supporting this old belief and the evidence which says contrary to the belief.

Unhelpful belief: \_\_\_\_\_

Evidence supporting belief	Evidence against belief



Remember, the whole idea of this exercise is to show that actually these beliefs are not facts. They were perhaps just somebody else's opinion once upon a time. We can now see that there is evidence which proves otherwise and we can discover a new belief for ourselves that is more encouraging and supportive.

What would be a more helpful, balanced belief?

My new belief based on the evidence is.....

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