



# Identifying & Challenging Core Beliefs Worksheet

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## Summary

Core beliefs determine how you interpret daily interactions. Core beliefs can be defined as the very essence of how people see themselves, others, the world, and the future. The way different people interpret interactions can be attributed to differences in core beliefs. We've provided an example of how core beliefs can both positively and negatively impact one's interpretation of a social interaction.

## Interaction

Jesse has a performance review coming up. She is deciding whether or not she deserves the promotion she wants.

## Core Belief

As she's getting ready for the day, Jesse has to choose between three shirts to wear to work: red, green and blue. Each shirt represents a core belief.

## Reaction

**Red Shirt** I am deserving.



**Internal Thought:** "I am a hard worker with a strong work ethic. I deserve this promotion."

**Reaction:** Jesse feels confident as she enters her performance review, and subsequently gets a promotion.

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**Green Shirt** I'm not sure I am deserving.



**Internal Thought:** "I work hard, but someone else will probably get the promotion over me."

**Reaction:** Jesse doesn't feel great heading into the performance review. She gets a good review but does not get the promotion.

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**Blue Shirt** I'm not deserving.



**Internal Thought:** "There's no way I'm getting a promotion. My coworkers are smarter than me."

**Reaction:** Jesse does not get the promotion.

Identify 3 negative core beliefs, as well as 3 reasons that your core beliefs aren't true.

Whenever you find yourself feeling negative, reference this worksheet to remind yourself why your core beliefs aren't always true. Through repetition, you will work your way towards positivity and improved self esteem.

I believe that...

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

List 3 reasons why the above beliefs cannot be true.

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