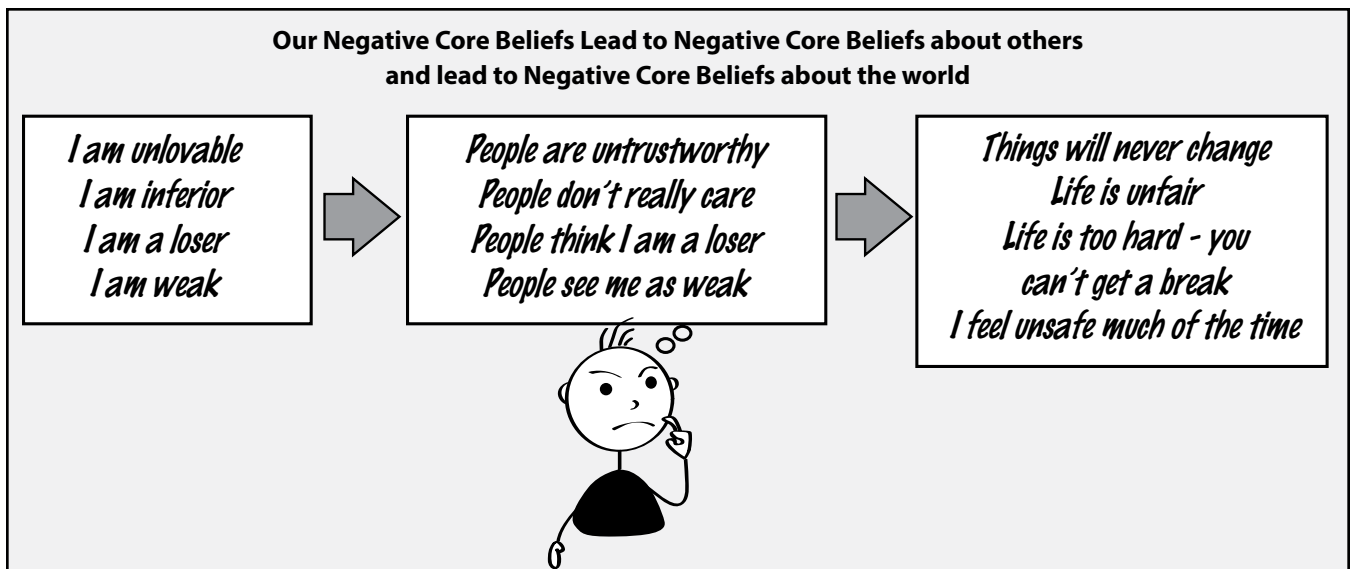




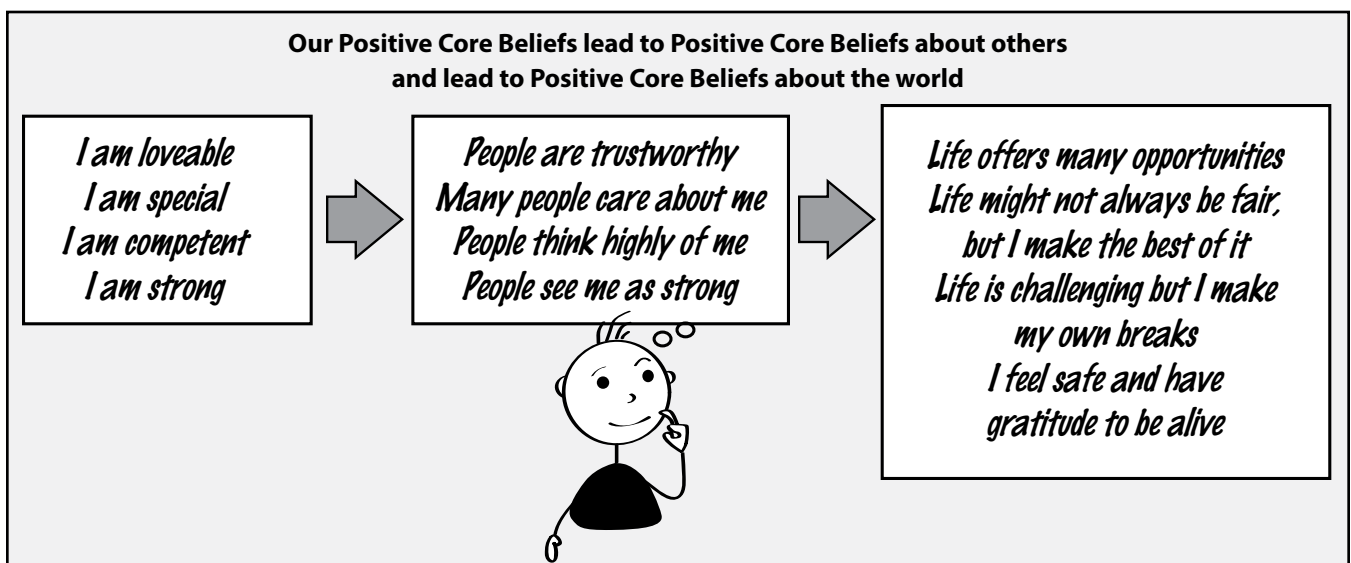
# Identify your Core Beliefs about Others and The Outside World

Our negative core beliefs about ourselves will influence the way we see other people and the way we see the world. If we see ourselves with a negative filter, our world view will be smudged like we are wearing dirty glasses, and this filmy haze will be tainted with our negative perceptions. **Our view of the world and our place in it results from our core internal beliefs about ourselves.**

Those who tend to harbor negative core beliefs about themselves see others and the world as unsafe and menacing.



On the other hand, those individuals who have a positive core belief about themselves see others and the world as offering support, positivity and safety.





## My Core Beliefs

**List 3 core beliefs about yourself:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Do they tend to be negative or positive? If any of them are unhealthy negative core beliefs, change them to be more positive.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Now list 3 core beliefs about others:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Do they tend to be negative or positive? If any of them are unhealthy negative core beliefs, change them to be more positive.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Now list 3 core beliefs about the world:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Do they tend to be negative or positive? If any of them are unhealthy negative core beliefs, change them to be more positive.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*With practice, you can alter your negative core beliefs to kinder, healthier and more positive ones.*