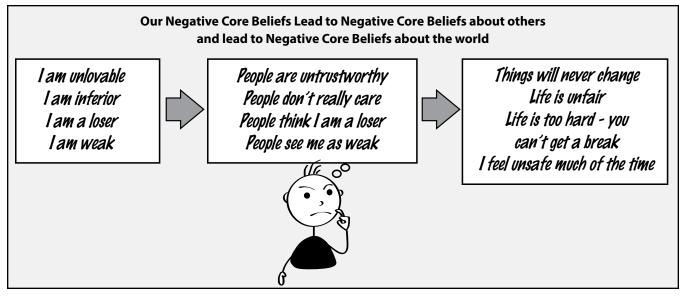
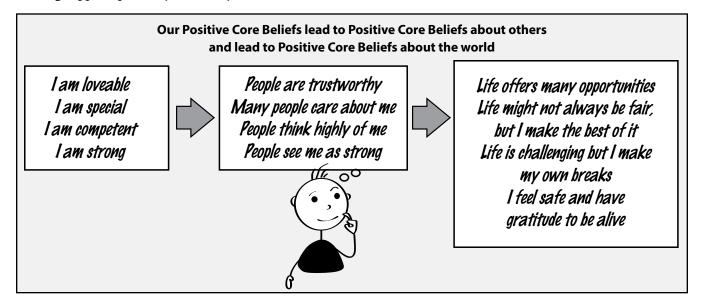


Our negative core beliefs about ourselves will influence the way see see other people and the way we see the world. If we see ourselves with a negative filter, our world view will be smudged like we are wearing dirty glasses, and this filmy haze will be tainted with our negative perceptions. Our view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



Activity	My Core Beliefs
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em to be more po	
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