

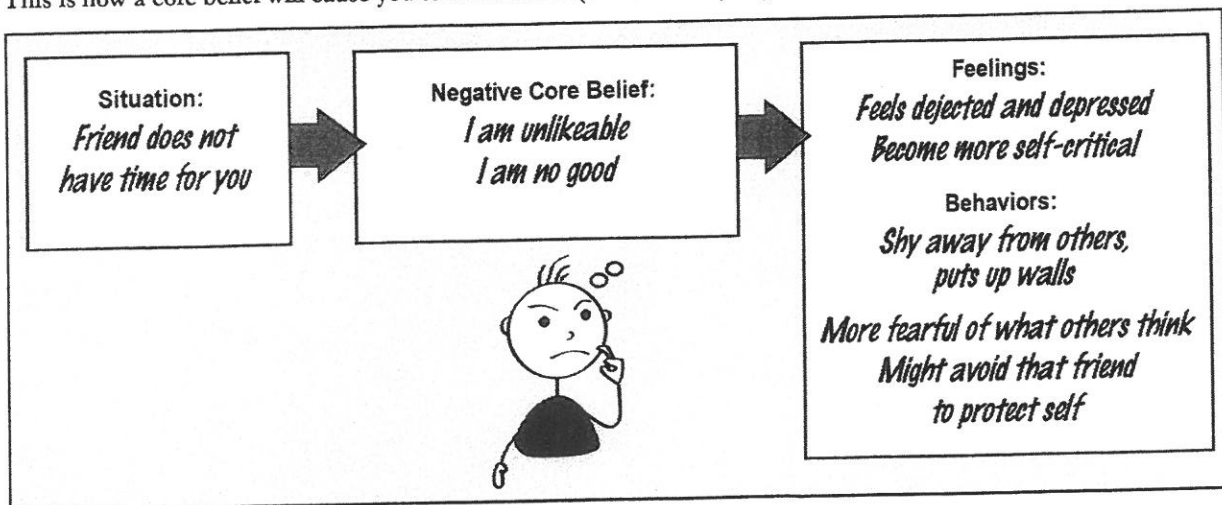


Identify your Internal Core Beliefs

We all have ways we see ourselves and the world. Our core beliefs are the basic ways we see ourselves and the world, and serves as the filter for our view of ourselves and the world outside of us.

EXAMPLE: In the situation of a friend who no longer seems to have time for you, a person with a strong negative core belief (i.e. *I am not a likable person, I am a failure*) will process this event differently than a person with more positive core belief about themselves (*I am still a worthy and likable person.*).

This is how a core belief will cause you to make sense (or nonsense!) of yourself:



On the other hand, those individuals who have a positive core belief about themselves interpret and react quite differently to the same event.

