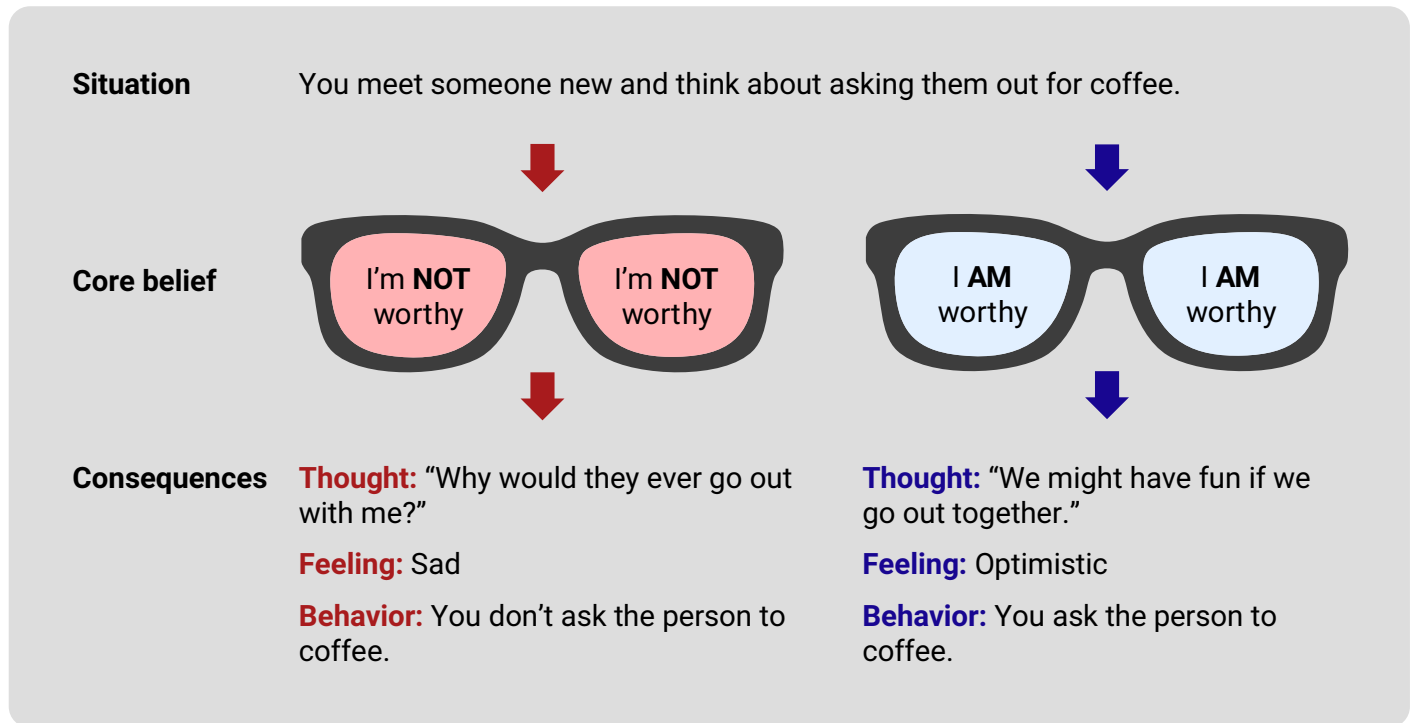


Core beliefs are our deeply held assumptions about ourselves, others, and the world around us. They shape how we think, feel, and act. These beliefs are like lenses that color every experience. We all wear different lenses, which is why two people can have the same experience yet respond to it in very different ways.



Negative core beliefs distort how people see things, which can lead to harmful consequences. In the table below, circle the core beliefs that resonate with you or write in your own:

I'm unlovable.	I'm worthless.	I'm a failure.	I'm a bad person.
I'm abnormal.	No one likes me.	Nothing ever goes right.	I'm helpless.
People can't be trusted.	People will always leave me.	I don't deserve happiness.	The world is dangerous.
_____		_____	

Think of a core belief you hold deeply. How has this belief negatively impacted you?