

CORE BELIEFS

EXAMINING THE EVIDENCE



Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen.

As a person has new experiences, their core beliefs may gradually change. However, some experiences have a greater impact than others. Information that supports a core belief is easily integrated, making the belief stronger. Information that does not support a belief tends to be ignored.

Core Belief

No one likes me.

INFORMATION THAT SUPPORTS MY CORE BELIEF.

Accepted

Information I integrated into my core belief.

My friend didn't answer the phone when I called.

The cashier at the grocery store was unfriendly.

My boss gave me some negative feedback at work.

INFORMATION THAT DOES NOT SUPPORT MY CORE BELIEF.

Rejected

Information I did not integrate into my core belief.

I was invited to a coworker's birthday party.

Customers at my job always seem happy to talk with me.

My friend called to check in when I was sick.

Modified

Information I modified before integrating into my core belief.

I was asked out on a date ... but it must've been out of pity.

I'm close with my parents ... but they're my parents, so they don't count.

My friend gave me a birthday present ...but only because I gave them one.

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