

Changing Core Beliefs

How?



Changing a core belief is challenging and requires time and practice. To replace a negative belief, create a balanced new one and focus on evidence supporting it. Engage in experiences that reinforce this belief, leading to a gradual decrease in the negative core belief as the positive one takes its place. In the next few pages, you will be provided with examples of healthy core beliefs, and ways you can instill them in your life.

Old negative core belief I would like to adjust:

Rate (0-100%)

How much I believe it now:

How much I believe it when it's most convincing:

How much I believe it when it's least convincing:

Associated Emotions:

New balanced core belief I would like to adopt:

Rate (0-100%)

How much I believe it now:

How much I believe it when it's most convincing:

How much I believe it when it's least convincing:

Associated Emotions:

Old Negative Core Belief

Evidence for:

Alternative ways of looking at the evidence:

New Balanced Core Belief

Evidence for (past and present):

Evidence for (what to look for in future):

Things I can do to support or gain more evidence for my New Balanced Core Belief:

Rate how much (0-100%)

I believe the old negative core belief now:

Rate how much (0-100%)

I believe the new balanced core belief now: