

More Common Core Beliefs

Part two: beliefs about ourselves, other people and the world

Core beliefs aren't only about ourselves. We also carry deep beliefs about other people and about how the world works. Like the first set, they can feel like facts, but each one leaves something out. The alternatives below keep what's true and add the fuller picture.

1 Notice the belief



2 Spot where it shows up



3 Try the balanced view



4 Put it in your own words



About myself

How I see who I am

"I'm stupid."

CAN SHOW UP AS

Not following something in a meeting. "Everyone else gets it except me."

A MORE BALANCED VIEW

I don't understand this yet. Not knowing is how learning starts, and I've understood hard things before.



About other people

How I expect others to treat me

"People can't be trusted."

CAN SHOW UP AS

A friend repeats something you told them. "I should never have opened up."

A MORE BALANCED VIEW

This person let me down, and it hurt. Trust can be given gradually, based on how people act over time, not to everyone or no one.



About the world & future

How I expect life to go

"The world is dangerous."

CAN SHOW UP AS

Hearing a distressing news story. "Something terrible could happen at any moment."

A MORE BALANCED VIEW

Bad things do happen, and most days are safe. I can take sensible care without treating everything as a threat.

"I'm inferior."

CAN SHOW UP AS

Scrolling through other people's news. "Everyone is doing better than me."

A MORE BALANCED VIEW

I'm comparing my everyday life with other people's highlights. We're each ahead in some areas and behind in others.

"People will judge me."

CAN SHOW UP AS

Asking a question in a group. "They'll think I'm an idiot."

A MORE BALANCED VIEW

Some people might judge, but most are busy with their own concerns. Someone's opinion is one view, not the truth about me.

"Life is unfair to me."

CAN SHOW UP AS

A setback after an already hard time. "Why does this always happen to me?"

A MORE BALANCED VIEW

I've had real hardships, and this is another one. Setbacks happen to everyone, and some things have gone my way too.

"I'm unattractive."

CAN SHOW UP AS

Getting ready for an event. "People will notice how I look."

A MORE BALANCED VIEW

I'm often harder on my appearance than others are. People notice warmth and presence far more than the details I worry about.

"People only value me for what I do for them."

CAN SHOW UP AS

A friend asks for a favour. "That's the only reason they call."

A MORE BALANCED VIEW

Some relationships may lean one way, but not all do. I can notice who reaches out just to spend time with me.

"Things never work out for me."

CAN SHOW UP AS

A plan falls through. "There's no point trying."

A MORE BALANCED VIEW

This didn't work out, and that's disappointing. "Never" leaves out the times things did work, and trying again gives it a chance.

"I'm invisible."

CAN SHOW UP AS

Being overlooked in a group conversation. "My voice never counts."

A MORE BALANCED VIEW

I was overlooked this time, and that stung. I can speak up again, and there are places where I am heard.

"If people really knew me, they'd reject me."

CAN SHOW UP AS

Getting closer to someone new. "I have to hide the real me."

A MORE BALANCED VIEW

Being known is a risk, and it's also how closeness grows. I can share a little at a time and see how it's received.

"Nothing will ever change."

CAN SHOW UP AS

Feeling low for several weeks. "This is how it will always be."

A MORE BALANCED VIEW

It feels permanent right now, and feelings do shift over time. Small steps and support can help change happen, even slowly.

A GENTLE REMINDER

Balanced views often feel less "true" at first; they grow stronger as you notice evidence that fits them. If feelings of hopelessness last, or you have thoughts of harming yourself, please speak with your GP or a mental health professional, and contact emergency services if you are in immediate danger.

MY OWN WORDS

The belief that fits me most:

A balanced view I could practise: