

Core Beliefs

A simple worksheet for updating an old belief

Core beliefs are deep ideas about ourselves, others and the world, often learned early. They can feel like facts, but they are ideas, and ideas can be gently examined and updated.

NAME _____ DATE _____

1 The old belief

WHAT I BELIEVE *e.g. "I'm unlovable."*

WHERE IT MAY HAVE COME FROM

HOW STRONGLY I BELIEVE IT

0 10 20 30 40 50 60 70 80 90 100



2 Evidence that doesn't fit

MOMENTS THE OLD BELIEF LEAVES OUT *big or small*

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____



3 A more balanced belief

WHAT I'M LEARNING TO BELIEVE

e.g. "Some relationships have hurt me, and people do care about me."

ONE SMALL STEP THAT SUPPORTS IT

HOW STRONGLY I BELIEVE IT

0 10 20 30 40 50 60 70 80 90 100

HELPFUL QUESTIONS

What doesn't fit this belief?

Would I say this to a friend?

Is it true all the time, or only sometimes?

What's a kinder, fairer view?

New beliefs often feel less "true" at first. They grow stronger with evidence and practice.