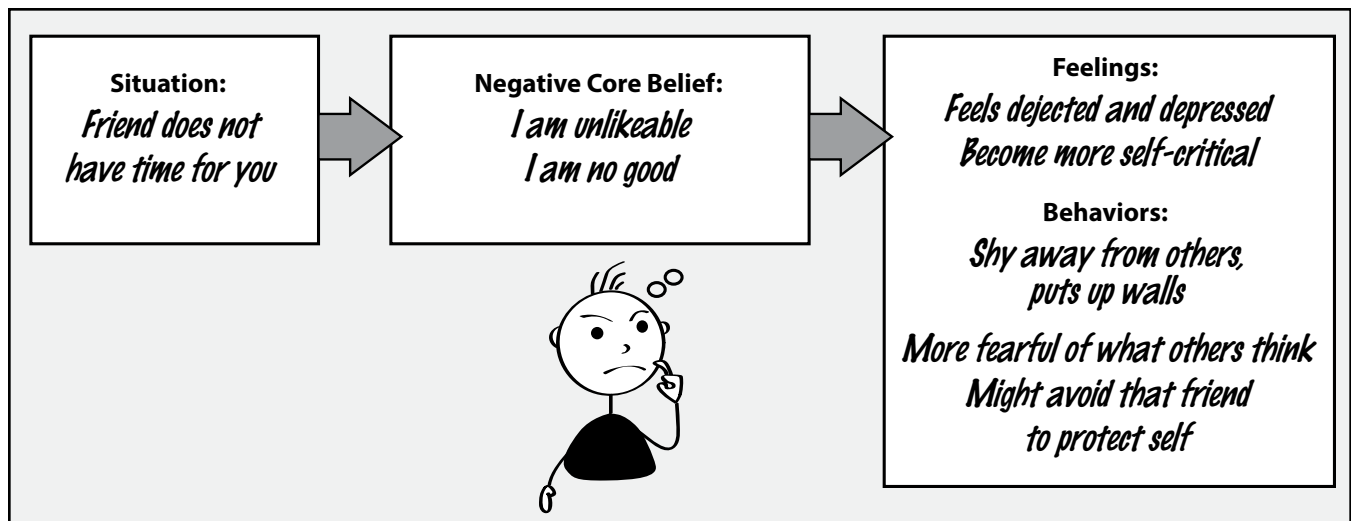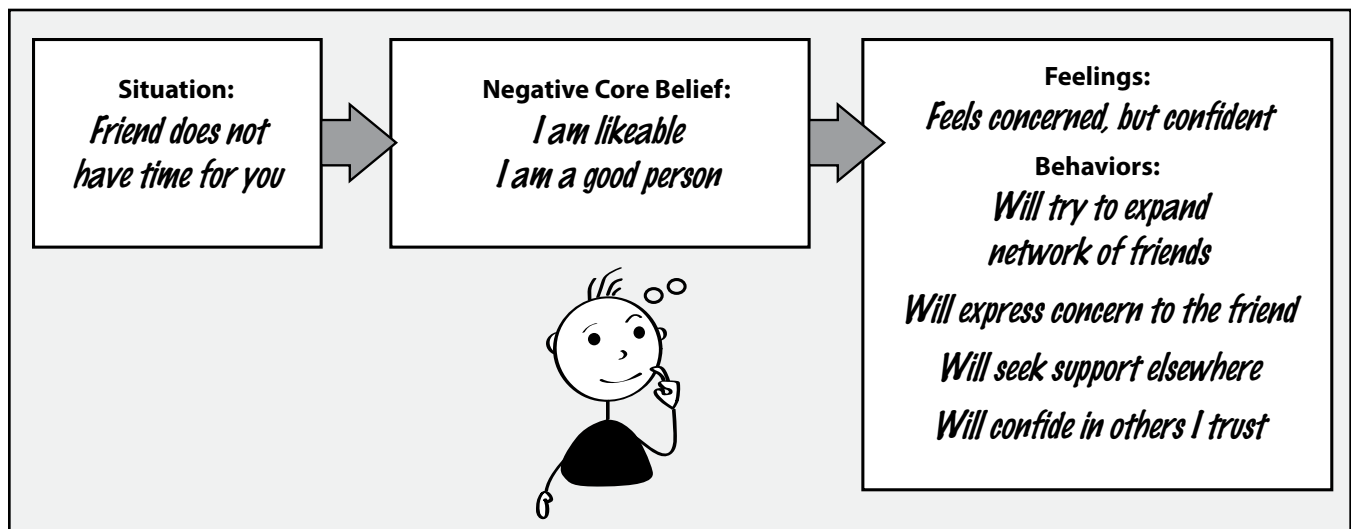# Identify your Internal Core Beliefs

Tip #81

We all have ways we see ourselves and the world. Our core beliefs are the basic ways we see ourselves and the world, and serves as the filter for our view of ourselves and the world outside of us.

EXAMPLE: In the situation of a friend who no longer seems to have time for you, a person with a strong negative core belief (i.e. *I am not a likable person*, *I am a failure*) will process this event differently than a person with more positive core belief about themselves (*I am still a worthy and likable person*.).

This is how a core belief will cause you to make sense (or nonsense!) of yourself:

Situation:
Friend does not have time for you

➡

Negative Core Belief:
I am unlikeable
I am no good

➡

Feelings:
Feels dejected and depressed
Become more self-critical

Behaviors:
Shy away from others, puts up walls

More fearful of what others think
Might avoid that friend to protect self

On the other hand, those individuals who have a positive core belief about themselves interpret and react quite differently to the same event.

Situation:
Friend does not have time for you

➡

Negative Core Belief:
I am likeable
I am a good person

➡

Feelings:
Feels concerned, but confident

Behaviors:
Will try to expand network of friends

Will express concern to the friend

Will seek support elsewhere

Will confide in others I trust

Quiz

How Healthy are My Core Beliefs?

The following are examples of common positive and negative core beliefs. Make a check next to the alternative which best describes you. At the end, tally up your checks to find the strength of your core beliefs - do they tend to be more positive or negative?

Negative Core Beliefs	Positive Core Beliefs
Put a check on which alternative describes you best	

_____ I am unlikable	_____ I am likable
_____ I am unlovable	_____ I am lovable
_____ I am a bad person	_____ I am a good person
_____ I am not smart enough	_____ I am smart
_____ I am a loser	_____ I am special
_____ I am not pretty	_____ I am attractive
_____ I am a failure	_____ I am successful
_____ I am ashamed of who I am	_____ I am proud of who I am
_____ I am inferior to others	_____ I'm just as worthy as others
_____ I'm not "good enough"	_____ I am awesome

Negative Core Beliefs
Total score: _____

Positive Core Beliefs
Total score: _____

_____

What Is Your Core Belief Quotient?
To find your Core Belief Quotient: Put a minus before your Negative Core Belief score and subtract your negative score from your positive one. (Example: A score of 2 on Your Negative Core Beliefs becomes -2) and add it to your Positive Belief Quotient.)

Total Score: _____

Then graph your score on this scale to find out how healthy is your Core Belief Quotient.
The higher the number, the better!

Unhealthy Core Beliefs   **Healthy Core Beliefs**
(Needs help)   **(Awesome!)**
_____
-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10