

The Core Belief Exercise

A Core Belief is a belief we have about our self, other people or the world around us. These beliefs are very raw and were formed at an early age by what we experienced, were told and observed. They are our subconscious operating system. To efficiently move beyond our limitations, we can identify and shift these beliefs. But in order to do so, we must begin to admit them, face them and work with them. This exercise will help you begin that process.

Reflect for a moment and choose two categories of your life that you are currently challenged by. Examples: Family, Relationship, Career, Friends, Life Path

Write down your two categories below. Category #3 will represent your overall feeling about life in general.

Read through the following core belief list and put an X down if the belief resonates with the categories you identified. Do not think too hard about any of the statements. Just go with your first instinct. And be as honest with yourself, as possible.

Core Belief	Category #1	Category #2	Category #3
			Life in General
I am a failure			
I am a mistake			
I am a reject			
I am afraid			
I am all alone			
I am always left out			
I am always wrong			
I am awkward			
I am bad			
I am broken			
I am confused			
I am crazy			
I am disposable			
I am flawed			
I am guilty			
I am hopeless			
I am incompetent			
I am invisible			
I always come second			
I am not enough			
I am not loveable			

I am not recognized			
I am not safe			
I am not special			
I am not wanted			
I am not whole			
I am nothing			
I am out of control			
I am powerless			
I am slow			
I am stupid			
I am trapped and can't escape			
I am undeserving of love			
I am unfixable			
I am unimportant			
I am unsuccessful			
I am unsure			
I am unwanted			
I am unworthy			
I am useless			
I am vulnerable			
I am wrong			
I can't			
I can't achieve			
I can't change			
I can't control anything			
I can't do it			
I can't get it right			
I cannot be healed			
I cannot be myself, or I'll be rejected			
I can't succeed			
I don't belong			
I don't deserve anything			
I don't exist			
I don't fit in anywhere			
I don't have the energy			
I don't know			
I don't matter			
I don't trust anyone			
I don't want to			
I don't deserve abundance			
I don't deserve closeness			
I don't deserve success			
I don't deserve to be happy			
I have to do everything myself			

I must have control to be okay			
I must struggle in order to succeed			
I will fail			
I will lose			
I will not be listened to or acknowledged			
I'm a bad person			
I'm not ready			
I'm not understood			
I'm not wanted			
I'm nothing			
I'm only worthwhile if I'm helping other people			
I'm out of control			
I'm responsible for everyone and everything			
I'm shameful			
I'm stupid			
I'm trapped			
I'm unacceptable			
I'm unimportant			
I'm unlikeable			
I'm unsuccessful			
I'm unwelcome			
I'm useless			
I'm vulnerable			
I'm weak			
I'm worthless			
I've done something wrong			
If I assert myself, people will leave me			
If I don't do it, no one will			
If I experience emotions, I will lose control			
If I get too close I will lose myself			
If I make a mistake, it means I'm careless/a failure/etc.			
If I show my vulnerability I will be in danger			
If I trust people, they may hurt me			
I'll hurt somebody if I get angry			
I'm not attractive enough			
I'm not worthy of a happy and healthy life			
I'm not worthy of success			
I'm too old to....			
It's my fault			
It's not okay to ask for help			
It's not safe to express my feelings			
Life has to be a struggle			

Love is dangerous			
Love will smother me			
My body is frail			
My needs are not important			
No one ever listens to me			
Nobody loves me			
Nothing works for me			
Other people will manipulate me and control my life			
People don't like me			
People I love will leave me			
People will betray me			
Sickness gets me love and attention			
Sickness gets me out of things I don't want to do			
Success is dangerous			
There's no way out			
There's something wrong with me			
What's the point			
Men can't be trusted			
Men hurt me			
Women can't be trusted			
Women hurt me			
Abundant success is unsafe			
Closeness is dangerous			
Communication is contentious			
Everything I do goes wrong			
Failing is unacceptable			
God will punish me			

The core beliefs are selected from the following sources: www.rosspsychology.com, www.core-beliefs-balance.com, Louise Hay, Dr. Henry Grayson, Susan Shehata

Ready to Look Deeper?

Schedule a Core Story Session with Susan Shehata

An exploratory session to uncover and release the primary themes that have occurred in your life, that limit your thoughts and experiences.

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