

# How do we begin to interrupt the Core Belief cycle?

**Mindfulness---**learn how to identify the signs of your core beliefs:

**On thought level:** Catch thoughts in moment---shift to new thought

**On perception level:** Observe perception---What thought is causing this perception?

**On emotional level:** Feel fully, then reflect backwards (towards the perceptions and thoughts that contributed to feelings), rather than behaving from this emotional place

**On behavioral level:** Can I modify my behavior to align with my new thought?

**On response from outside level:** Put key players in place to support you, such as a coach, therapist, trainer or friend that can reinforce supportive beliefs

## The Five Tools

### Identify:

Use Core Belief checklists

What do you say to yourself in times of stress?

Pay attention to triggering moments

Note your emotional and behavioral reactions to situations---stop and reflect in the moment

### Accept:

Practice suspension of judgment: Accept, so I don't deny

When we judge the core belief, we push it away and deny that we have that belief. But, when we suspend our judgment and accept that we have the belief, we can then begin to navigate it more effectively

### Locate:

Where do I feel this belief in my body?

How does this belief currently show up in my life?

## **Navigate:**

How might it (subconsciously) serve me to keep this belief?

What is the supportive version of this belief?

What evidence do I have that contradicts this limiting belief?

What could I do, or how would my life be different, if I believed the new belief?

What would someone who believed \_\_\_\_\_ do?

## **Release:**

Breathe into it. Breathe through it.

Visualize evidence that supports the new belief.

Take conscious action, even if it's a baby step, towards behavior that supports the new belief.