



CORE BELIEFS WORKSHEET

What are 'Core Beliefs' and why do they matter?

Core beliefs are the thoughts a person has that determine how they interpret their experiences. Challenging negative core beliefs can help you develop a healthier understanding of yourself and the world around you.

Write down 1 core belief you'd like to challenge here

List 9 pieces of evidence that disproves this core belief

1.
2.
3.
4.
5.
6.
7.
8.
9.



Below please add in a more Balanced Core Belief than the one above that you would like to test out. Use the task box to add in steps you will take to experiment and then add in your predictions. Once tested, write down what really happened. Once this has been completed, note your conclusions and jot down any takeaways from what you have learned.

Write down a new balanced core belief you'd like to test

Tasks

Predictions

Actual Result

Conclusions and takeaways