

# CORE BELIEFS

## WHAT ARE CORE BELIEFS?

Core beliefs are our assumptions about ourselves, others or the world that shape the way we think, feel and behave. Core beliefs can be either inaccurate or accurate and they can be positive or negative.

## EXAMPLE HARMFUL CORE BELIEF

Belief:  
I am worthless



**Thoughts:** Nobody will miss me if I don't go to the party

**Feelings:** Sadness

**Behaviors:** A lack of self-care

## CONSEQUENCES OF HARMFUL CORE BELIEFS

Harmful core beliefs can lead to a difficulty with interpersonal relationships, negative perceptions of the self, as well as a variety of mental health problems like depression and anxiety.

## GOOD NEWS!

Adapting harmful core beliefs to become more accurate and positive is possible, but often takes time and effort. Therapists are trained to help identify and potentially help adapt harmful core beliefs.

# CORE BELIEFS

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Core beliefs are a person's central ideas about themselves, others, and the world. These beliefs are a person's most deeply held assumptions which often shape reality and behaviors. Recognizing core beliefs can help to determine the validity of these beliefs/assumptions.

## Core Belief

Information that supports the belief

Information that does not support the belief