

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Core Belief Analysis

## Understanding Core Beliefs

Core beliefs are the quiet messages we carry about who we are and how the world works. They often form in childhood or through significant life experiences. These beliefs act like a lens through which we see every situation.

Sometimes, these lenses become clouded by negative experiences, causing us to interpret neutral situations as hurtful or critical. By slowing down and analyzing our automatic thoughts, we can identify these core beliefs and begin to reshape them.



**Goal:** To move from automatic, reactive thinking to a more balanced and compassionate perspective.

### Part 1: The Thought Log

Choose a recent situation where you felt a strong negative emotion. Use the spaces below to break down what happened. Be honest and curious, not judgmental.

Situation	Automatic Thought	Emotion	Evidence For	Evidence Against
<i>Example: Texted a friend and didn't get a reply.</i>	<i>They are ignoring me. They don't actually like me.</i>	<i>Anxiety, Sadness</i>	<i>They haven't replied since yesterday.</i>	<i>They are often busy. They have always replied before. Nothing negative was said last time.</i>

**Your Turn:** Analyze your specific situation.

**1. Situation**

(What happened?)

**2. Automatic Thought**

(What went through your mind?)

**3. Emotion**

(What did you feel?)

**4. Evidence FOR the thought**

(Is it 100% true? Facts only.)

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**5. Evidence AGAINST the thought**

(What facts contradict it?)

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**Part 2: Getting to Know Your Beliefs**

Look at the thought you analyzed above. If that thought were true, what would it say about you as a person? Use these questions to dig deeper.

**1.** What pattern do you notice in your thoughts across different situations?

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**2.** Where might this belief have come from? (e.g., past experiences, childhood messages)

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**3.** If a good friend had this specific thought about themselves, what would you say to them?

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### Part 3: Reframe & Affirm



Based on the evidence against your negative thought and the advice you would give a friend, write a **New Supportive Belief**.

Start with: "I am learning to..." or "Even though [situation], I know that..."

**Daily Affirmation:** Write one sentence below to remind yourself of this new belief throughout the week.

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