



Core Beliefs

Worksheet

Core beliefs relate to the most deeply-ingrained representations we have of ourselves, others, the present, and the future. The following example shows how—in any scenario—our core beliefs can impact our behaviors.

Scenario:

We can imagine ourselves going to a job interview and thinking about whether you're deserving of this role: one you really want. On this day, you will need to pick out a briefcase to bring along. Each represents a core belief.

Core Belief:



Purple Briefcase – “I’m talented”

Internal thought associated: *“I am naturally adept with lots of experience in this field. I deserve this role.”*

Your reaction: You feel confident as you enter the interview, and subsequently land the job.



Orange Briefcase – “I’m unsure whether I’m talented”

Internal thought associated: *“I have lots of experience and I think I’m good, but someone else will probably get the job over me.”*

Your reaction: You don’t feel great heading into the interview. You receive relatively positive feedback but don’t land the role.



Green Briefcase – “I’m not talented”

Internal thought associated: *“There’s no way I’m getting this job. Other candidates are much more capable than me.”*

Your reaction: You don’t get the job.

On the following page, use the thought bubbles to identify three core beliefs you would like to challenge. In the spaces next to these, try to come up with three reasons why these beliefs are not true.

Core Belief

This can't be true because...

| | | |
|----|----|----|
| #1 | #2 | #3 |
|----|----|----|

This can't be true because...

| | | |
|----|----|----|
| #1 | #2 | #3 |
|----|----|----|

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|----|----|----|