

CORE BELIEFS

Our core beliefs are the unconscious stories, convictions, and judgements we carry about ourselves that define our sense of self. Core beliefs also determine how we feel about others, how happy we are with ourselves, and how we perceive the world at large. Our core beliefs are responsible for how successful we are in self-actualizing our deepest dreams and meaning of life.

1. Your Core Beliefs about Yourself

Your childhood gave you a sense of who you are as a person. The messages you received from your parents, siblings, teachers, and peers taught you something about yourself. Your experiences helped you determine if you were kind, smart, socially awkward, shy, or likable. And once you gained a sense of who you are - and how others perceive you - it shaped your interactions and choices.

Do you think you are confident, clever, attractive, ugly?

Are you good at your job, a good parent, an interesting and loveable partner?

Do you see judgement and criticism in your view of self?

Do you think you are better than everyone else?

Do you feel worthy of love and happiness?

2. Your Core Beliefs about Others

Childhood taught you a lot about other people, too. Are people inherently good? Do they actively help others? Or do they hurt one another on purpose? If you experienced a loving, nurturing childhood, you might have learned that it's safe to trust people, and it's good to help others. If, however, people weren't so kind, you might have learned that other people will hurt you or abuse you.

Do you think that others are luckier than you?

Do they always get the breaks and you never do?

Are they all smarter than you?

Is life easier for other people than it is for you?

3. Your Core Beliefs about the World

Kids who grow up in caring environments with few adverse events might believe the world is a relatively safe place. They may look forward to a bright future in a peaceful world. Kids who experience harsh and unpredictable events and those who endure chronic stress may believe that the world is a scary place, and that, no matter what you do, you'll struggle to succeed.

Do you use words like 'everyone' and 'no-one'?

Do you see the world as one big mass of people or recognize the variety that exists?

Do you see only the ugliness or the beauty in the world?

Do you see the good actions of people alongside any bad ones?

Beliefs That Turn Into Self-Fulfilling Prophecies

When you believe something to be true, you look for evidence that supports your idea. With each piece of evidence, the belief gets reinforced. If you grew up believing, "I'm not smart enough to go to college," you'll view each mistake, bad grade, or tough problem as proof that you're not smart. And if you do get a good grade once in a while, you might chalk it up to good luck, or conclude that the teacher gave you an easy test. You won't even want to imagine that

your belief could be untrue, because it's unsettling when our view of who we think we are doesn't line up with the evidence.

These beliefs affect your behavior: If you believe you aren't smart, you likely won't put much effort into your studies, and you won't perform well in school. Or if you believe you aren't a likable person, you'll have more trouble making friends. If you don't make eye contact, or you don't greet people in a friendly manner, you'll struggle to develop close relationships. And those relationship struggles will reinforce your belief that you aren't likable.

Changing Your Core Beliefs

Plenty of well-adjusted adults overcome difficult - even horrific - childhoods. In fact, some credit their hardships for giving them the mental strength they needed to succeed. But others are haunted by the tapes that keep replaying in their mind, reminding them of why they'll never amount to anything. Consequently, they struggle to break free of self-limiting beliefs.

The good news: Everyone can essentially "unlearn" the self-limiting beliefs they developed during childhood. It takes time and practice to train your brain to see things differently. And sometimes it takes professional help - especially if traumatic circumstances were involved. But letting go of unproductive core beliefs you developed during childhood can be the key to moving forward and reaching your greatest potential.

"IF YOU ACCEPT A LIMITING BELIF THEN IT WILL BECOME A TRUTH FOR YOU"

Limiting beliefs:

"I MUST..."

"I CAN'T..."

"I AM NOT..."

"I DON'T..."

"I SHOULD..."

What beliefs have been limiting you?

Be well!

Jasmine