

Core Beliefs

Based on the work of Judith S. Beck

Our core beliefs are based on our perceptions, values, upbringing and world-views that guide our personal set of rules, attitudes and assumptions. These are often identified through common thinking errors and interfere with many situations in our lives.

Automatic Thoughts are initial thoughts, images or verbalizations we make.

Images or things we often blurt out or say without a lot of thought or introspection.



Underlying Associations are based on rules, assumptions and attitudes and are often identified by common cognitive errors.

Cognitive errors

- Personalization
- Labeling of self/others
- Catastrophizing
- Blaming
- Disqualifying the positive
- Jumping to conclusions

NEGATIVE CORE BELIEFS ARE NOT SET IN STONE.

Often, we believe these core beliefs 100% of the time. By examining the evidence, we can begin to restructure these negative beliefs into something more accurate; thus removing the power they have over us. As provided in the example, by doing this cognitive restructuring and examining the evidence against the negative core belief: "I'm a failure" may become "I'm not a failure all the time" then eventually to "I'm not a failure" and finally, "I am successful at some things."

Core beliefs are things we believe about ourselves but are not necessarily true. Core beliefs are influenced the following:

- Values
- Upbringing
- Perception
- Worldviews

