

Exploring Core Beliefs

- Core Beliefs shape the information that you take in.
- Think of them as 'input filters' that affect how you view the world
- Understanding and identifying core beliefs is an important step in understanding who you as a person.

Working on your own, identify at least 2 Core Beliefs that shape your life experience in significant ways. Here is an example of how the table would look once complete.

BELIEF	THE UPSIDE	THE DOWNSIDE	CHALLENGE?
I believe that everyone can be trusted	I find it easier to make friends and establish relationships because I go into them assuming the best of the other person.	There have been times in the past where my trusting nature has caused me to be deceived or taken advantage of.	No. I would not feel comfortable altering my beliefs around this.

Only complete two of the beliefs now – you can do the rest out of class.

MY CORE BELIEFS

BELIEF	THE UPSIDE	THE DOWNSIDE	CHALLENGE?