

# WHAT ARE CORE BELIEFS?

Understanding core beliefs is crucial for personal growth and mental well-being. Your core beliefs are deeply ingrained convictions about you, others, and the world, often formed early in life and shaping your thoughts, emotions, and behaviours. By recognising and challenging these beliefs, you can cultivate a more balanced and adaptive mindset, leading to greater self-awareness.

- Core beliefs are deeply held beliefs about yourself, others, and the world.
- They often develop early in life and shape perceptions, thoughts, emotions, and behaviours.
- Core beliefs are often unconscious and automatic, influencing how you interpret and respond to situations.
- Core beliefs are not permanent and can be changed.

One common core belief is **"I am unworthy."** This belief often stems from experiences of rejection, criticism, or neglect, especially during childhood. Individuals who hold this belief may constantly seek validation from others, struggle with low self-esteem, and fear failure or rejection. They may engage in people-pleasing behaviours or avoid situations where they might face judgment.

Another example is **"I am powerless."** This belief often arises from experiences of trauma, abuse, or significant life challenges where individuals feel overwhelmed and unable to control their circumstances. Those who hold this belief may exhibit feelings of helplessness or resignation. They may avoid taking risks or being assertive, feeling as though their actions will not make a difference.

## Consequences

Negative self-talk and self-criticism.  
Low self-esteem and self-worth.  
Avoidance of challenges or risks.  
Difficulty in forming and maintaining relationships.  
Anxiety, depression, and other mental health issues.

## Challenging Core Beliefs

Identify and challenge irrational or distorted beliefs.  
Gather evidence to dispute negative beliefs.  
Practise self-compassion and self-acceptance.  
Cultivate positive affirmations and realistic thinking.  
Seek support from friends, family, or a therapist.

## Cultivating Positive Beliefs

Practise gratitude and self-affirmation.  
Focus on strengths and achievements.  
Set realistic goals and celebrate progress.  
Engage in self-care and activities that bring joy.  
Surround yourself with supportive people.

# IDENTIFYING A CORE BELIEF

Situation or Event	My Behaviour	My Feelings

Thoughts
What was I thinking?
What was I saying to myself?
What does that mean?
And what does that mean?
What does that say about me?

I am...	Others are...	The world is...	The future is...

My Core Belief

# RESPONSIBILITY

- Responsibilities overwhelm me; I feel trapped and suffocated.
- I resent obligations; they rob me of freedom and spontaneity.
- Responsibilities induce stress, anxiety, and constant pressure.
- I feel burdened by duties, longing for escape and relief.
- Expectations weigh heavily, leading to guilt and self-doubt.
- I'm exhausted from juggling numerous obligations; burnout looms.
- Responsibilities isolate me, leaving little time for personal connections.
- I feel incompetent and inadequate when faced with responsibilities.
- I avoid responsibilities, fearing failure and disappointment.
- Obligations feel like chains, binding me to a joyless existence.

- I embrace challenges; they shape my character and resilience.
- Responsibility offers opportunities for growth, learning, and accomplishment.
- I honour commitments, building trust and respect in relationships.
- My actions impact others positively, fostering a sense of purpose.
- Taking responsibility instills confidence, integrity, and self-worth.
- I'm accountable, contributing meaningfully to my community and workplace.
- Responsibility enables me to lead by example and inspire others.
- I see responsibilities as stepping stones toward personal fulfilment.
- Fulfilling duties brings a sense of pride and satisfaction.
- Being responsible empowers me to create positive change in society.

# RESPONSIBILITY

How do you define responsibility in your life?  
What are the beliefs or values that influence your understanding of responsibility?

Are there specific situations where you feel overwhelmed by responsibility?  
How do you respond to these situations, and what thoughts or emotions arise?

How does your belief about responsibility impact your life? Are there instances where you've taken on too much or avoided responsibility altogether?

What are some examples of healthy responsibility in your life? How can you redefine responsibility to create a balanced and sustainable approach in your daily life?

# HELPLESSNESS

- I'm powerless; no one can understand or help me.
- I'm overwhelmed; everything feels impossible and insurmountable.
- I can't ask for help; it's a sign of weakness.
- I'm trapped in helplessness, suffocating with no way out.
- Vulnerability exposes me to rejection, judgment, and ridicule.
- I'm hopeless; nothing I do will change the situation.
- I feel alone and abandoned; no one cares or understands.
- Helplessness leaves me paralyzed, unable to take any action.
- I'm ashamed of my struggles, fearing I'll burden others.
- I'm worthless; I can't handle life's challenges; I'm inadequate.

- Seeking support empowers me to overcome challenges and grow.
- Vulnerability allows me to connect deeply with others and heal.
- I'm learning to ask for help, fostering trust and intimacy.
- Embracing vulnerability leads to understanding, compassion, and empathy.
- Expressing vulnerability fosters authenticity, courage, and resilience.
- Vulnerability brings opportunities for support, connection, and personal growth.
- Acknowledging limitations helps me learn and improve from experiences.
- Sharing struggles cultivates empathy and strengthens relationships.
- Asking for help demonstrates strength and humility; it's empowering.
- I find strength in vulnerability; it's a catalyst for growth.

# HELPLESSNESS

Can you recall a specific situation where you felt helpless?  
How did you respond to that situation, and what did you learn from it?

What are the areas in your life where you feel most helpless?  
Are there any patterns or triggers that contribute to this feeling?

How does the belief of being unable to change impact your actions and decisions?  
Are there instances where you've overcome challenges despite feeling helpless?

What strategies have you used in the past to cope with feelings of helplessness?  
How can you cultivate a sense of empowerment in your life moving forward?

# ABANDONMENT

- I fear being left behind or forgotten by those I love.
- I feel insecure in my relationships, fearing rejection or betrayal.
- I doubt my worthiness of love and loyalty from others.
- I worry that people will leave me when times get tough.
- I feel lonely and isolated, fearing being left alone.
- I struggle to trust others, fearing they will abandon me.
- I hide my true self, fearing I will be rejected or abandoned.
- I feel like I am not important enough to be cared for.
- I feel like I am constantly on edge, waiting to be abandoned.
- I feel unworthy of love and belonging, fearing abandonment.

- I am secure in the love and support of others.
- I trust that people will stick by me through challenges.
- I feel confident in my relationships and valued by others.
- I know that I am deserving of love and loyalty.
- I am surrounded by people who care about me deeply.
- I am able to rely on others for support and guidance.
- I feel safe expressing my needs and emotions to others.
- I believe in the strength and stability of my relationships.
- I am cherished and appreciated for who I am.
- I am confident that I won't be left alone or abandoned.

# ABANDONMENT

When did you first start feeling afraid of being abandoned? How have past experiences shaped your current belief about abandonment?

What evidence exists to contradict the belief that you will be abandoned? Can you identify instances where people have shown you love, support, or loyalty?

How does the fear of abandonment impact your relationships and behaviour? Are there patterns in your relationships that reflect this fear?

What steps can you take to reframe your belief about abandonment? How can you practice trusting and building healthier relationships despite this fear?

# LOVABILITY

- I am unworthy of love and acceptance because of my flaws.
- I don't deserve kindness or respect from others or myself.
- I am unlovable and undeserving of love or affection.
- I am incapable of giving or receiving love due to my flaws.
- My uniqueness makes me unlovable and undesirable to others.
- I repel positive relationships because I am unlovable.
- I am undeserving of love because of my flaws and imperfections.
- I doubt my worthiness of love and acceptance.
- I don't attract love or positive experiences into my life.
- I am closed off to love and reject it because I am unlovable.

- I am worthy of love and acceptance just as I am.
- I deserve to be treated with kindness and respect always.
- I am valuable and deserving of love from myself and others.
- I am capable of giving and receiving love unconditionally.
- I embrace my uniqueness and know I am lovable.
- I attract positive relationships because I am worthy of love.
- I am deserving of love, no matter my flaws or imperfections.
- I believe in my worthiness of love and acceptance.
- I radiate love and attract love-filled experiences into my life.
- I deserve love, and I am open to receiving it fully.

# LOVABILITY

How do you define love and your own lovability? What experiences or influences have shaped your belief about your worthiness of love?

Can you identify times when you felt loved and valued by others? How do these experiences align with or challenge your belief in your lovability?

How do you define love and your own lovability? What experiences or influences have shaped your belief about your worthiness of love?

How does your belief about your lovability impact your self-esteem and relationships? Are there any behaviours or patterns in your relationships that reflect this belief?

# GRANDIOSITY

- I think I'm better than everyone else and ignore their ideas.
- Being too full of myself makes it hard to connect with others.
- I expect special treatment and don't see my faults.
- Not listening to feedback makes it hard to improve.
- Thinking I'm perfect stops me from learning from mistakes.
- Being too proud makes others not like me.
- I feel like nothing can go wrong because I'm so great.
- Thinking I'm better than others makes teamwork tough.
- Vanity stops me from admitting when I'm wrong.
- Feeling too important makes me ignore others' needs.

- I'm really good at stuff and I believe in myself.
- I'm confident and I work hard to achieve my goals.
- I know I have talents and I try to be the best.
- I believe I can do great things and I work towards them.
- I think I can overcome any problem that comes my way.
- I set big goals and I work hard to reach them.
- I'm proud of what I've achieved and I want to do more.
- Confidence helps me find good opportunities and succeed.
- People look up to me because I'm determined and have big dreams.
- Believing in myself helps me do amazing things.

# GRANDIOSITY

How do you define success and achievement in your life? What beliefs or experiences have influenced your perception of grandiosity?

Can you recall moments where you felt an exaggerated sense of importance or superiority? How did these feelings affect your behaviour and interactions with others?

How does your belief in grandiosity impact your relationships and interactions? Are there instances where this belief has led to conflict or misunderstanding?

What are some examples of healthy self-esteem and confidence in your life? How can you differentiate between genuine confidence and exaggerated grandiosity?

# COMMUNITY

- Everyone is out for themselves; no one helps others.
- Our community is divided, making it hard to work together.
- Sharing ideas leads to conflict and mistrust.
- Being part of a community feels suffocating and restrictive.
- Trying to make changes only leads to more problems.
- We're on our own; no one looks out for each other.
- Teamwork doesn't work; we can't agree on anything.
- I feel like an outsider and I'm not accepted in the community.
- Our community doesn't support each other; it's every person for themselves.
- We can't make a difference; our efforts go unnoticed and unappreciated.

- Helping each other out makes us stronger as a group.
- We work together to make our community a better place.
- Sharing ideas and supporting each other builds trust.
- Being part of a community makes us feel connected.
- Everyone pitching in brings positive change to our neighborhood.
- We look out for each other, making our community safer.
- Working as a team helps us achieve bigger goals.
- Being part of a community gives us a sense of belonging.
- Our community supports each other through tough times.
- Together, we can make a real difference in people's lives.

# COMMUNITY

How do you define community and its importance in your life?  
What experiences or influences have shaped your belief about community?

Can you recall times when you felt a sense of belonging and connection within a community? How did these experiences impact your sense of identity and well-being?

How does your belief about community impact your relationships and sense of support? Are there any behaviours you engage in to nurture community connections?

What are some examples of positive community interactions and support in your life?  
How can you actively contribute to and strengthen the communities you are a part of?

# ENTITLEMENT

- I deserve everything without putting in effort.
- It's unfair if I don't get special treatment.
- I should have privileges even if I haven't earned them.
- I'm better than others, so I deserve more.
- It's not fair if I don't get what I want.
- I'm entitled to things without having to work for them.
- My opinions matter more than others' because I'm special.
- It's unfair if I'm not praised for everything I do.
- I should be happy even if I don't do anything.
- Wanting everything without working for it is okay.

- I deserve good things because I work hard.
- It's okay to expect fair treatment and respect.
- I've earned certain privileges through my efforts.
- I deserve to be treated well because I'm valuable.
- It's fair to ask for what I need and deserve.
- I deserve opportunities because I've earned them.
- I'm entitled to my opinions and feelings.
- It's reasonable to expect recognition for my achievements.
- I deserve to be happy because I've worked for it.
- Wanting good things in life is natural and okay.

# ENTITLEMENT

How do you define entitlement and its role in your life? What experiences or influences have shaped your belief about entitlement?

Can you recall times when you felt entitled to certain privileges or treatment? How did these feelings impact your behaviour and interactions with others?

How does your belief in entitlement impact your relationships and interactions? Are there instances where this belief has led to conflict or resentment?

What are some examples of healthy boundaries in your life? How can you differentiate between legitimate rights and entitlement-driven expectations?

# UNDERDEVELOPED SELF

- I'll never be good enough no matter what I do.
- I'm too flawed to ever improve or change.
- I'm stuck where I am; I'll never get better.
- I'm not capable of learning or growing.
- I don't deserve help or support from others.
- I'll never figure things out, no matter how hard I try.
- I'm not worthy of success or happiness.
- I'll never be as good as other people.
- I'm too broken to ever be fixed.
- I'll never be able to change who I am.

- I'm learning and growing every day.
- It's okay to make mistakes; that's how I learn.
- I have potential and can improve over time.
- I'm figuring things out, and that's okay.
- I'm still learning about myself and what I want.
- It's okay to ask for help when I need it.
- I'm working on building my confidence and skills.
- I'm not perfect, but I'm making progress.
- I'm discovering my strengths and weaknesses.
- I have time to develop into the person I want to be.

# UNDERDEVELOPED SELF

How do you perceive your sense of self and identity? What experiences or influences have contributed to your belief about your self-development?

Can you recall instances where you felt limited or underdeveloped in certain areas of your life? How did these feelings impact your self-perception and actions?

How does your belief in an underdeveloped self affect your confidence and aspirations? Are there specific areas where you feel stuck or unable to progress?

What are some examples of personal growth and development in your life? How can you build upon these to foster a more empowered sense of self?

# PUNITIVENESS

- Punishing others makes me feel powerful and in control.
- I enjoy seeing others suffer for their mistakes.
- Punishing others lets me assert dominance and superiority.
- I feel satisfied when others face consequences for their actions.
- Punishing others makes me feel better about myself.
- I believe in revenge rather than forgiveness or understanding.
- I enjoy watching others fail and suffer as a result.
- Punishing others allows me to exert authority and control over them.
- I feel justified in hurting others for their perceived wrongdoings.
- I believe in harsh punishments as a way to maintain order and discipline.

- It's important to hold people accountable for their actions.
- Setting consequences helps people learn from their mistakes.
- Discipline helps maintain order and fairness in society.
- Expecting responsibility promotes growth and maturity.
- Holding people accountable encourages respect for rules and boundaries.
- Consequences teach valuable lessons and encourage better behaviour.
- Fair punishment discourages harmful behaviour and promotes safety.
- Enforcing rules ensures everyone is treated fairly and equally.
- Consequences help protect people from harm and injustice.
- Accountability fosters trust and respect in relationships.

# PUNITIVENESS

How do you define punitiveness and its role in your life? What experiences or influences have shaped your belief about punishment?

Can you recall times when you felt inclined to punish yourself or others? How did these feelings impact your behaviour and relationships?

How does your belief in punitiveness affect your self-esteem and well-being? Are there instances where this belief has led to guilt or resentment?

What are some examples of compassion in your life? How can you cultivate a more compassionate and understanding attitude towards yourself and others?

# GUILT

- I dwell on mistakes, feeling worthless and undeserving.
- I punish myself for past actions, feeling trapped by guilt.
- I avoid facing my mistakes, fearing judgment and shame.
- I let guilt consume me, hindering my growth and happiness.
- I replay past events, fueling self-blame and regret.
- I isolate myself, believing I am unworthy of forgiveness.
- I project guilt onto others, straining relationships.
- I deny myself forgiveness, believing I deserve punishment.
- I let guilt control me, unable to move forward.
- I see myself as flawed, unworthy of love and acceptance.

- I learn from mistakes and grow stronger.
- I take responsibility and make amends when needed.
- I value honesty and integrity in my actions.
- I forgive myself and others for past mistakes.
- I use guilt as motivation to improve myself.
- I recognise my worth beyond my mistakes.
- I seek forgiveness and offer it to others.
- I understand guilt as a natural part of life.
- I release guilt by focusing on positive actions.
- I cultivate self-compassion and move forward.

# GUILT

How do you define guilt and its impact on your life? What experiences or influences have shaped your belief about guilt?

Can you recall specific instances where you experienced guilt? How did these experiences affect your emotions and behaviour?

How does your belief about guilt influence your relationships and interactions? Are there patterns in your behaviour or thinking that reinforce feelings of guilt?

What are some examples of forgiveness in your life? How can you challenge the belief in guilt and cultivate a sense of self-forgiveness and acceptance?

# DEFECTIVENESS

- I'm flawed and unworthy of love or acceptance.
- My imperfections make me inferior to others.
- I'll never be good enough, no matter how hard I try.
- I'm fundamentally broken and incapable of change.
- My mistakes define me and overshadow my strengths.
- I don't deserve success or happiness because of my flaws.
- I'm unlovable because of my perceived defects.
- I'm always comparing myself to others and coming up short.
- I'm a failure because I can't seem to fix my flaws.
- My flaws make me a burden to those around me.

- I strive for self-improvement and growth every day.
- Recognising my imperfections helps me learn and evolve.
- Embracing my flaws makes me more empathetic towards others.
- I believe in my ability to overcome challenges and obstacles.
- My mistakes teach me valuable lessons and make me stronger.
- I'm working towards becoming the best version of myself.
- Understanding my weaknesses helps me set realistic goals.
- I'm deserving of love and acceptance despite my imperfections.
- I'm constantly learning and growing from my experiences.
- My unique quirks and imperfections make me who I am.

# DEFECTIVENESS

How do you perceive yourself and your worth? What experiences or influences have shaped your belief about your value?

Can you recall specific instances where you felt unworthy or insufficient? How did these experiences affect your self-esteem and confidence?

How does your belief about yourself impact your relationships and interactions? Are there patterns in your behaviour or thinking that reinforce feelings of inadequacy?

What are some examples of your strengths and unique qualities? How can you challenge the belief in your own inadequacy and cultivate self-acceptance?

# APPEARANCE

- I'm ugly and unattractive compared to others.
- My appearance determines my value and worth as a person.
- I'm constantly comparing myself to unrealistic beauty standards.
- I feel ashamed and embarrassed about my physical flaws.
- I avoid social situations because of my appearance.
- My physical flaws make me unworthy of love and acceptance.
- I'll never be beautiful or attractive, no matter what I do.
- I feel insecure and self-conscious about my appearance.
- I'm judged and criticized based on my looks.
- I'll never be happy because I don't meet society's beauty standards.

- I appreciate my unique features and embrace diversity.
- Taking care of my appearance boosts my self-confidence.
- I feel good when I dress nicely and take care of myself.
- My appearance doesn't define my worth as a person.
- I focus on my inner beauty and positive qualities.
- Embracing my appearance allows me to express myself.
- I celebrate my body for all the amazing things it can do.
- Confidence shines brighter than any physical flaw.
- I accept and love myself just the way I am.
- I value health and wellness over societal beauty standards.

# APPEARANCE

How do you perceive your appearance and its importance in your life? What experiences or influences have shaped your belief about your appearance?

Can you recall times when you felt dissatisfied or insecure about your appearance? How did these feelings impact your self-esteem and confidence?

How does your belief about your appearance affect your relationships? Are there situations where this belief has led to self-criticism or comparison?

What are some attributes beyond appearance that you value in yourself? How can you challenge the belief about your appearance and cultivate self-acceptance?

# FAILURE

- I'm a failure; I'll never amount to anything.
- Failing means I'm not good enough or worthy of success.
- I'm ashamed of my failures; they make me feel inadequate.
- I'm afraid of failing because it confirms my incompetence.
- I'm paralyzed by the fear of failure; I avoid taking risks.
- My failures define me; I'm destined for mediocrity.
- I'm embarrassed to admit my failures; they make me feel inferior.
- I'm discouraged by my failures; they crush my confidence.
- Failing means I've let myself and others down.
- I'm unworthy of love and acceptance because of my failures.

- Failure is a stepping stone to success and growth.
- Learning from failure makes me more resilient and adaptable.
- Failure teaches me valuable lessons and strengthens my character.
- I embrace failure as an opportunity for self-improvement and innovation.
- Failing means I'm trying new things and pushing my limits.
- Every failure brings me closer to achieving my goals.
- Failure is not the end; it's a chance to start again with more knowledge.
- I celebrate my failures as milestones on the path to success.
- Failure builds perseverance and determination to keep going.
- I'm not defined by my failures; I'm defined by how I respond to them.

# FAILURE

How do you define failure and its impact on your life? What experiences or influences have shaped your belief about failure?

Can you recall specific instances where you perceived yourself as failing? How did these experiences shape your self-perception and goals?

How does your belief in failure impact your willingness to take risks or pursue goals? Are there patterns in your behaviour or thinking that reinforce this belief?

What are some examples of resilience and growth in the face of setbacks? How can you reframe failure as an opportunity for learning and growth?

# SHAME

- I'm unworthy and deserving of punishment because of my mistakes.
- Shame makes me feel small, powerless, and insignificant.
- I'm consumed by feelings of worthlessness and self-hatred.
- Shame isolates me, making me feel disconnected from others.
- I'm ashamed of who I am, and I can't forgive myself for past actions.
- Shame causes me to hide my true self and pretend to be someone I'm not.
- I'm terrified of being judged and rejected because of my shame.
- Shame makes me believe I'm fundamentally flawed and unlovable.
- I'm overwhelmed by feelings of guilt and self-condemnation.
- Shame prevents me from seeking help and support from others.

- Reflecting on mistakes helps me learn and grow.
- Acknowledging shame allows for healing and self-compassion.
- Overcoming shame builds resilience and inner strength.
- Sharing vulnerabilities fosters empathy and connection with others.
- Facing shame promotes authenticity and self-acceptance.
- Embracing imperfections leads to greater self-awareness and growth.
- Learning from shame empowers me to make positive changes.
- Compassion towards myself helps me navigate feelings of shame.
- Recognizing shame as a common human experience fosters empathy.
- Expressing shame allows for deeper connections and understanding.

# SHAME

How do you define shame and its impact on your life? What experiences or influences have shaped your belief about shame?

Can you recall specific situations where you felt ashamed of yourself? How did these experiences affect your self-esteem and sense of worth?

How does your belief in shame impact your relationships and interactions? Are there patterns in your behaviour or thinking that reinforce feelings of shame?

What are some examples of self-forgiveness in your life? How can you challenge the belief in shame and cultivate self-acceptance and empathy towards yourself?

# VULNERABILITY

- Showing my feelings makes me feel weak and exposed.
- I'm afraid of being judged or rejected for my vulnerabilities.
- Being open leaves me feeling unprotected and vulnerable to harm.
- Expressing emotions makes me feel out of control and overwhelmed.
- Sharing my true self makes me feel insecure and self-conscious.
- Vulnerability makes me feel like a burden to others.
- I fear being taken advantage of if I show my vulnerabilities.
- Being honest about my struggles makes me feel ashamed and embarrassed.
- Accepting my vulnerability makes me feel inadequate and flawed.
- Embracing vulnerability feels like a risk I'm not willing to take.

- Sharing my feelings strengthens my relationships and connections.
- Being open allows others to support and understand me better.
- Expressing emotions fosters empathy and compassion in others.
- Showing my true self empowers me to be authentic and genuine.
- Embracing openness leads to deeper intimacy and trust.
- Vulnerability allows me to grow and learn from my experiences.
- Being honest about my struggles helps me find support and solutions.
- Accepting my vulnerability enables me to connect with others on a deeper level.
- Sharing my vulnerabilities fosters a sense of belonging and acceptance.
- Embracing vulnerability is a sign of courage and strength.

# VULNERABILITY

How do you define vulnerability and its role in your life? What experiences or influences have shaped your belief about vulnerability?

Can you recall specific situations where you felt vulnerable? How did these experiences impact your emotions and behaviour?

How does your belief in vulnerability affect your relationships and interactions? Are there instances where this belief has led to connection or disconnection?

What are some examples of strength and courage in vulnerability? How can you reframe vulnerability as a source of authenticity and connection?

# EMOTIONS

- I get confused and struggle to make decisions with overwhelming feelings.
- I strain relationships and hinder growth when I suppress feelings.
- I feel vulnerable and exposed when I express my feelings.
- I make mistakes when emotions cloud my judgment and rule me.
- I damage relationships and cause conflict with misunderstandings from feelings.
- I experience inner turmoil and affect my well-being by ignoring feelings.
- I exacerbate distress and prevent resolution when I feel invalidated.
- I feel overwhelmed and frightened by intense emotions.
- I trigger trauma and worsen distress by reliving past emotions.
- I avoid and isolate myself due to fear of certain feelings.

- I understand others better when I feel connected to them.
- I build trust and strengthen relationships by sharing my feelings.
- I help others understand and support me better by expressing myself.
- I enrich my experiences and self-awareness by recognising feelings.
- I know what I need and want when my feelings guide me.
- I cope with challenges and grow by handling my feelings.
- I find comfort and support when I discuss my feelings.
- I remember I'm human and build empathy when I feel.
- I learn and grow as a person by understanding my feelings.
- I find inner peace by accepting and processing my feelings.

# EMOTIONS

How do you perceive emotions and their significance in your life? What experiences or influences have shaped your belief about emotions?

Can you recall specific situations where you experienced strong emotions? How did these experiences impact your thoughts and actions?

How does your belief about emotions influence your relationships and interactions? Are there patterns in your behaviour or thinking that are influenced by emotions?

What are some examples of healthy expression and management of emotions? How can you cultivate a more balanced and mindful relationship with your emotions?

# TRUST

- Trusting others leads to disappointment and betrayal.
- Believing in others makes me vulnerable to being hurt.
- Trusting others feels risky and uncertain.
- I've been let down too many times to trust anyone.
- Trusting others means relinquishing control and power.
- Believing in others' intentions sets me up for disappointment.
- I'm afraid to trust others because they might use me.
- Trusting others opens me up to being taken advantage of.
- Believing in others makes me feel naive and gullible.
- I don't trust myself to make good decisions; I always mess up.

- Trusting others fosters deeper connections and relationships.
- Believing in others strengthens teamwork and collaboration.
- Trusting myself allows me to make confident decisions.
- Building trust creates a supportive and positive environment.
- Trusting others promotes empathy and understanding.
- Trusting relationships lead to mutual respect and loyalty.
- Believing in others' intentions fosters cooperation and unity.
- Trusting in the goodness of people brings peace and harmony.
- Trusting in the process allows for growth and development.
- Building trust creates a foundation for meaningful connections.

# TRUST

How do you define trust and its importance in your life? What experiences or influences have shaped your belief about trust?

Can you recall specific instances where your trust was broken? How did these experiences impact your ability to trust others?

How does your belief in trust impact your relationships and interactions? Are there patterns in your behaviour or thinking that reflect your trust beliefs?

What are some examples of rebuilding trust or restoring faith in others? How can you cultivate a more balanced and resilient approach to trust in your relationships?

# THE WORLD

- Life can be tough and unfair; it's hard to cope.
- Nature's harsh and unpredictable, making things difficult.
- People often mess up and don't learn from mistakes.
- Differences divide us and cause conflict.
- Opportunities are rare, and success seems impossible.
- Kindness is rare, and people are often selfish.
- Progress sometimes harms the planet and future generations.
- Happy moments never last and are overshadowed by sadness.
- The universe is cold and indifferent to our struggles.
- Hate and apathy seem to dominate over love and empathy.

- Life's full of chances to learn and grow.
- Nature's beauty soothes and inspires us.
- People bounce back from tough times with strength.
- Our differences make life more interesting and exciting.
- Everywhere we look, there's something new to discover.
- Kindness and caring make our world a better place.
- Progress and new ideas give us hope for the future.
- Little moments of happiness and connection matter most.
- The universe is vast and mysterious, sparking wonder.
- Love and understanding bring us closer together.

# THE WORLD

How do you perceive the world around you and its impact on your life? What experiences or influences have shaped your belief about the world?

Can you recall specific instances where you felt optimistic or pessimistic about the world? How did these experiences influence your outlook on life?

How does your belief about the world impact your actions and decisions? Are there patterns in your behaviour or thinking that reflect your worldview?

What are some examples of positive changes you've witnessed in the world? How can you cultivate a more balanced and hopeful perspective on the world around you?