

Testing Core Beliefs

As well as exploring the 'evidence' for our old Negative Core Belief it is usually more helpful to (1) identify new core beliefs that we would like to hold, and (2) look for evidence to support or strengthen these new core beliefs. This offers the possibility of viewing our life experiences in fresh ways. If we find there is a lot of evidence to support our new core beliefs, then we will begin to believe them. We do not need to get rid of our negative core beliefs. When new core beliefs are as strong as our negative core beliefs, then we can be more flexible in our thinking. Core beliefs that fit a given situation are more likely to be activated, instead of always understanding our experiences through our negative core beliefs.

