

Identifying New Core Beliefs

1 *Opposite* core beliefs

"I'm unlovable"
to
"I'm lovable."

2. From an *absolute* core belief to a *qualified* core belief

"People will hurt me"
to
"Even though some people are hurtful, most people are kind and giving."

3. *Evaluating* a core belief from a completely different perspective

Vic shifted his belief that his success and worth hinged on being "the best"
to
a belief that he was *acceptable* no matter how well he performed.

5. Including *a perspective of acceptance*

"People are unreliable"
to one of
"It is OK if people are unreliable, because I am capable and can handle it."

As shown in these examples, a new core belief does not always involve shifting to an opposite word (for instance, from "unlovable" to "lovable"). It can shift to a new word, as Marissa did in changing her view of others from "hurtful" to "kind and giving," or as Vic did in changing his core belief about himself from "worthless" to "acceptable."

EXERCISE: Identifying a New Core Belief

Use Worksheet 12.5 to identify a new core belief.

WORKSHEET 12.5. Identifying a New Core Belief

Examine the negative core beliefs you identified on Worksheets 12.1 through 12.4. Do you recognize one of these beliefs as one that is frequently active in your life? Write it on the negative core belief line below.

Now identify a new core belief. What word or words best capture how you would like to think about this?

Negative Core Belief

New Core Belief

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Once you identify new core beliefs, you will want to look for evidence to support them, because it will take some time before you can believe these new core beliefs as strongly as you currently believe your negative core beliefs. In the next section, you will learn how to notice and create experiences, so you can begin to strengthen your new core beliefs.