



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES
CHAPTER 1: Creating Key Core Beliefs

ACTIVITY 1: “I am ...”

Fill in the blanks with the first thoughts that come to mind:

I am _____	I am _____
I am _____	I am _____
I am _____	I am _____
I am _____	I am _____
I am _____	I am _____
I am _____	I am _____
I am _____	I am _____
I am _____	I am _____

Research shows that men most often define themselves in terms of their jobs, positions, or careers (I am a construction worker, I am a computer programmer, I am an accountant) while women define themselves in terms of their relationships (I am a mother, I am a wife, I am a daughter). With these thoughts in mind, continue with your list.

Now, highlight your answers with colored pens, pencils, crayons, or highlighters for the following:

- Choose one color that represents the answers that change—things you don’t believe all of the time, but rather only in your low or vulnerable times.
- Choose a color that represents answers that you believe cannot change—such as height, metabolism, family of origin, etc.
- Choose a color that represents answers that you believe or even hope can change.