



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES
CHAPTER 7: Inspiring Self-Worth

ACTIVITY 1: Identifying the Positive and Negative Core Beliefs that affect your self-worth

Self-worth can be strengthened in many positive ways. If your self-worth is less than you would like it to be, you can increase your own sense of worthiness and values.

Directions: For each of the 12 statements, identify which Core Beliefs lead you to feel this way about yourself. Then identify if the belief is a Positive or Negative Core Belief. Finally, if it is a Negative Core Belief, identify what Positive Core Belief you need to replace it with.

1. I seek approval and affirmation from others, and I am afraid of criticism.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

2. I guess at what normal behavior is, and I usually feel as if I am different from other people.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

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3. I isolate myself from other people, and I am initially shy and withdrawn in new social settings.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

4. I am not able to appreciate my own accomplishments and good deeds.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

5. I tend to have difficulty following a project through from beginning to end.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

6. In order to avoid a conflict, I find it easier to lie than tell the truth.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

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7. I judge myself without mercy. I am my own worst critic, and I am harder on myself than I am on others.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

8. I need perfection in my life at home and work, and I expect perfection from others in my life.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

9. I have problems developing and maintaining intimate relationships

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

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10. I feel guilty when I stand up for myself or take care of my needs first, instead of giving in or taking care of others' needs first.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

11. I feel responsible for others and find it easier to have concern for others than for myself.

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?

12. I mistrust my feelings and the feelings expressed by others

Core Belief:

This Core Belief is a: ____ Positive Core Belief ____ Negative Core Belief.

If this is a Negative Core Belief, what Positive Core Belief do you need to replace it with?
