

CHALLENGING A CORE BELIEF

Pick a core belief

E.g.: I'm unlovable

Created from being adopted (rejection)

Challenge the belief

E.g. Where is the evidence? Is there evidence to say the opposite? Is this true? Where does this core belief come from? Is it helpful?

I don't have people running after me with pickets saying "we hate you" throwing tomatoes at me.

Create a new one

E.g. I'm loveable

Using new belief:

When triggered into old belief (you will know through your feelings) or when you remember to do it.

Eg: Hurt, Rejection, and anxiety

Repeat until you feel a shift (that you believe it)

Keep using and repeating for at least 21 days

If sick, tired or run down you may have to repeat as you may hook back into the old belief.

