

1.4.1 Identifying Your Core Beliefs

Over the next week or two, when a situation arises that affects you in some way, note (yes literally write down) the following:

- What is the situation?
- Words that come out of mouth
- Words that come out of others mouths
- The emotions you feel at the time
- Self-talk. What are you thinking about yourself?
- How did I respond/react? Consider thoughts as well as physical reactions eg heart racing, nausea, rapid breathing, shaking, numbness etc.

Try to do this exercise at least 3 times over the next 2 weeks

Circumstance Emotions Thoughts Physical Signs Behaviour

Circumstances	Emotions	Thoughts	Physical Signs	Behaviour

This activity required you to observe a situation, describe what you thought and felt and explain what you did (the outcome).



Can you identify the core beliefs you have about yourself that cause you to react in these ways? These are the most common thoughts that you have of yourself as different circumstances arise. List these here. You may find these are similar to the thoughts you have of yourself: