

Core Beliefs

Core beliefs are like magnets. They are always waiting to **attract** evidence which confirms them. The more evidence they collect, the stronger they get.

Unfortunately they **repel** anything which does not 'fit' with the belief. This makes it hard to 'see' or believe anything which would contradict or undermine them.

Core beliefs are not facts. With persistence they can be altered.



I failed my exams when I was 15

I'm dyslexic and my teacher at school said I'd never amount to anything

I lost my temper & shouted at my children

I have successfully run my own business for 23 years

I won the pub quiz with my friends

My hobby is photography and I have exhibited pictures in a national event



My mother never told me she loved me

I've never had a boyfriend for more than 6 months

My friends went to a party without inviting me

My current partner says he loves me

I'm a kind person, and I have all the qualities that I would find lovable in other people

My sister and I have a close relationship