

CHALLENGING CORE BELIEFS WORKSHEET

Purpose: How you choose to react to challenging social interactions can help shape your core beliefs. Core beliefs are just that: they are the “core” of what shapes how we see ourselves, others, and the world around us.

The goal of this worksheet is to highlight why our core beliefs aren't always accurate. When you are experiencing negative thoughts, use this worksheet to reassess whether or not your core beliefs are based in truth. Remember that a belief isn't necessarily reality, and it's important to make a distinction between the two.

BELIEF

I believe that I am rejected by potential dates because I am unattractive.

3 REASONS WHY THE BELIEF ISN'T TRUE

1. Rejection happens to everyone, not just me.

2. I've been in relationships before, meaning I'm not ALWAYS rejected.

3. I've been told I'm cute before.

BELIEF

3 REASONS WHY THE BELIEF ISN'T TRUE

1.	
2.	
3.	