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This mini-course will assist you in identifying, evaluating and changing core beliefs that block success in your life. Because our beliefs dictate the way we perceive and experience the world, these powerful practices can have a dynamic impact on your day-to-day perceptions, relationships and life in general!

### **Identifying Beliefs That Block Your Manifestations from Showing Up**

What is a Core Belief?

A core belief is a general observation or principle about yourself, other people, certain groups of people, events, situations or the way that life generally works that you hold to be true most, or all of the time.

Varied examples of core beliefs (which may be negative or positive) are:

*I am in control of my own destiny.*

*I am a failure.*

*Just when things are going well, they are bound to go wrong.*

*There is no point in worrying about things you cannot influence.*

*You get out of life what you put into it.*

*It's bad to express your feelings.*

*You should put other people's needs before your own.*

*Money is not important.*

*I am unlovable.*

*I am lovable.*

Core beliefs can cover a wide range of things. Sometimes they produce a positive impact on your feelings, behavior and actions and move you towards your desires; other times they block success and produce a negative impact by lowering self-

esteem and keeping behavior and actions in alignment with the things that are unwanted.

The focus of this mini-course is on negative core beliefs which may be causing problems for you regarding what you choose to manifest. It will help you identify the underlying beliefs that are blocking you from creating what you want so that you can reframe the meaning of them and begin creating more desirable outcomes. (I've used this process many times to dismantle beliefs that once stood in the way of my best life.)

From an early age we each develop perceptions and ideas about the world we are in, ourselves and other people. Our initial beliefs are likely to be learned from people close to us such as parents, siblings or school teachers. Societal or cultural messages may also play a part in determining core beliefs. We also develop negative core beliefs from experiencing criticism or pressures from people close to us when we're children, whether or not those criticisms were meant unkindly.

### Why Is It Important to be Aware of Your Core Beliefs?

It is important to be aware of your core beliefs because they are likely to be influencing your day-to-day interpretations of situations, relationships and life in general. If you want to see changes in your life and relationships, then you may need to change your perceptions and the way you interact with life, and your core beliefs are very influential regarding this. Core beliefs create a problem when they lead to consequences or outcomes that are unhelpful or undesired, or when they prevent you from manifesting a goal you have set for yourself.

For example, if you have an underlying core belief that you are unlovable, this may lead to you having negative, automatic thoughts that block your chances of developing valuable relationships. Imagine a situation in which you hold that negative core belief about yourself and you are in a relationship with a partner who makes a mild criticism of something you do. If you have that core belief this may lead to you attaching too much significance to their criticism and having negative thoughts that cause you to feel bad and act in ways which put pressure on the relationship or even lead to it ending.

### Ways of Discovering Your Core Beliefs

1. One way of identifying core beliefs is to notice when you say or think that you or someone else "should," "ought" or "must" act, or not act, in a certain way. This

is a sign that you think there is a general principle or rule involved. If you are not sure what the rule is, ask yourself “Why is it such a problem if they/I don’t act in that way?” If you cannot come up with an explanation of why not, other than “They just shouldn’t” or “That’s the way it is,” then this may indicate that the belief you are expressing is a core belief.

2. Write down any negative or anxious thoughts you have and then ask yourself, “What does that mean?” or “What does that show?” Keep asking this with each answer you give until you reach a point which you feel reflects the core belief that underlies the thought.

3. Some people may be able simply to write down some of their core beliefs because they are already aware of them. Other people may have pointed them out to you, or you may just observe them in statements or general principles that you repeat often. If this applies to you, then just make a note of what core beliefs you are aware of simply by reflecting on what you say and think generally. You may find it helpful to put them into 3 categories such as the ones below.

A. Core beliefs about yourself

B. Core beliefs about the world (or about other people or groups of people)

C. Core beliefs about the future (e.g. about what will happen to you or what you will achieve, or not achieve).

## Core Beliefs & Outcomes

Use any of the techniques described above to identify any possible negative core beliefs that you hold about yourself, other people or views on the world. Next, write down what past experience or events may have led you to believe them and any negative consequences of holding each of those core beliefs.

<b>Possible Core Belief</b>	<b>Past Experience or Events That May Have Led to Me Creating This Belief</b>	<b>Negative Consequences of Holding onto This Belief</b>
Example: Life is difficult and I will always struggle for what I want.	When I was a child, we didn't have much and I was always told that life is hard.	Keeping this belief blocks me from having the success I want and creating a life I love.

**Note: This exercise is about core beliefs which might have negative consequences, since those are the ones you may want to tackle. If you have core beliefs that you think have only positive consequences for you, then you are right that they are not beliefs that you need to change.**

## **The ABC Model**

The ABC Model is used in coaching as a tool for analyzing a sequence of events in terms of:

**A = Activating Event** – The situation or event that prompted you to act, feel or think in a certain way.

**B = Beliefs** – The thoughts that went through your head when the activating event occurred (or after it).

**C = Consequences** – How you acted & felt in the situation and what then happened.

The model can be particularly helpful in relation to situations where you find yourself repeating a pattern of behavior which is not making you feel better and/or helping you create the type of life you want to live.

Think of a situation of this kind where you find yourself acting (or reacting) in a certain way that doesn't align with a fulfilling life. Use this form to analyze the situation which results in you experiencing negative feelings such as anxiety, anger, frustration or despondency. Once you've completed this, use the Belief Evaluation to question these (possibly outdated) beliefs.

Use the table below to analyze the situation, using the ABC Model:

Acting Event	Beliefs	Consequences (Emotions and Behavior)
Example: John didn't call me back.	I did something wrong.	I feel terrible and unworthy and took that out on everyone around me.

Once you have completed the table ask yourself:

1. What can I say to myself in this kind of situation when I have these beliefs that will help me act in a more constructive way? **Using the example above:** John was probably busy and just didn't get around to it.
  
2. What different actions can I try out in this kind of situation next time, to see if it produces different results? **Example:** Tell myself that the actions of others do not have anything to do with me, don't take it personally, intentionally find something else to focus on.
  
3. If you have difficulty producing options for 1. & 2. Ask yourself what a friend whose judgment you respect might suggest you try out or alternatively what you might suggest to someone else to try out in that situation. **Example:** Molly would tell me to go for run. She says that always helps her clear her mind and re-center.

## Belief Evaluation

Go through the Checklist of 10 questions below to evaluate any belief(s) that you record on an ABC Analysis, or any beliefs that you feel might be blocking your manifestations and/or success.

1. What evidence is there to support my belief? What evidence is there to cast doubt on it?

In support of my belief:

Against my Belief:

2. What alternative possibilities are there and what evidence is there to suggest they might be true?

3. Is my belief balanced or is it too extreme or inflexible?

4. Is the belief helpful? What problems are caused by me believing it?

5. If my belief is true, how much does it really matter?

6. What could I do to test if my belief is true or disprove it?



7. If my belief is true what is the most constructive way I could react?

8. What would I say to a friend who described a similar situation and expressed a similar belief about what it meant?

9. What would a reasonable and supportive friend say to me if I described the situation and told them my belief about it?

10. Would a more moderate or tentative interpretation be more accurate? What might a more accurate/moderate belief or a balancing thought be?

Here are alternative techniques to help you tackle core beliefs that block your manifestations from showing up.

### 1. Generating In-Between Beliefs

Often, one of the problems with negative core beliefs is that they are too extreme – they suggest that something is always or never the case, when it is only sometimes, or often the case. Or, they suggest something is awful or unacceptable, when in all actuality, you just don't like it. Or, there is a general conclusion drawn from just one piece of evidence, when there is plenty of evidence pointing to another conclusion.

To deal with this extreme aspect of core beliefs, it can be helpful to generate what is called “In-Between Beliefs.” Try to following process to generate an “In-Between Belief.”

### **Generating In-Between Beliefs**

1. My core negative belief is:

2. An opposite belief would be:

3. (a) Evidence in support of the negative belief is:

(b) Evidence in support of the opposite belief is:

4. An In-Between Belief which is somewhere between the core negative belief and the opposite belief would be:

5. The Advantages of me believing the In-Between Belief would be:

6. It would be helpful for me to remember the In-Between Belief in the following situation(s):

Once you have identified what your core beliefs are, you may be able to explain relatively simply where they came from – perhaps it was the way you were brought up or certain experiences you have been through.

Recognizing the historical explanation of where your negative core beliefs came from can help you change them because you can see that there is nothing inevitable about them; they have come about because of a relatively simple explanation from the past.

If you are able to identify where your negative core belief(s) came from, then you may find the following simple exercise helpful:

### **Putting Core Beliefs in Context**

1. (a) My core negative belief is:

(b) a simple explanation of how I came to believe it is:

2. A more moderate or healthier belief would be:

3. Write down a commitment reminding yourself of the healthier belief at times when you find yourself thinking the negative core belief or something similar. For example, write the healthier belief on a card and carry it around with you as a reminder which you can refer to when you have the need.

Once you have created some in-between or healthier beliefs that you think would be helpful for you to believe, then use the following procedure to begin to get yourself thinking them. Remember, it will probably take some time before you start to genuinely believe them, but by practicing in the way described in the next exercise you can start to see the differences in consequences which can flow from the new beliefs. This will help you to gradually start to believe and act on the new beliefs in a more natural way, and this will be the attracting factor for manifesting more of what you want in your life. *You are training your mind to think differently, so this does require some application.*

### **Experimenting with Healthier Beliefs**

1. My old belief is:

2. My new healthier or in-between belief is:

3. A situation that might occur soon where I may be tempted to believe the old belief is:

4. If I genuinely considered my new belief to be true in that situation I would act in the following way:

5. The following reactions might indicate that my new belief is true to some extent:

6. Are there any strong reasons for not trying to act “as if” in the way described in 4. when the situation arises? If not, then commit yourself to trying to act “as if” in that way in the future.

By altering negative, core beliefs, we begin to open ourselves up to new possibilities. The exercises given in this mini-course have been created to bring to light how a negative belief can block you from creating what you want from life. These beliefs aren't your fault; they've simply been picked up by you throughout your lifetime. In fact, they weren't yours to start with, so it's perfectly ok to release them from your experience!

Practice these processes whenever you find that you aren't creating the successes what you want from life. In doing so, you will be able to identify what the block is so you can begin to dismantle it and create new beliefs that are in alignment with what you want. Once this takes place, you become the perfect match for creating those things in your life!