

Toolkit 1 - Learning Unit 11 Pre intervention

Activity 2a - What are “core beliefs”?



Basic Info

What is it?

Core beliefs are a person’s most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently. Even if a core belief is inaccurate, it still shapes how a person sees the world. Harmful core beliefs lead to negative thoughts, feelings, and behaviors, whereas rational core beliefs lead to balanced reactions.

Core beliefs predict our reactions and can be modified.

Examples

Type	Core belief	Reactions
Unhelpful	I am weak, I cannot survive this disaster.	Sadness, helplessness, no hope, no actions
Helpful	I am capable to go through it, I am strong enough!	Energised, goal-oriented, pro-active, capable

How to work with it?



