

# *What To Do About Those Pesky Negative Core Beliefs*

Now that you know what a Negative Core Belief is, what can you do to eliminate it?

As soon as you experience your excessive emotion ( anxiety, depression, rage):

1. Identify the event that just occurred
2. Identify what you told yourself about that event. This is your core belief and is usually a negative feeling toward yourself. How did you interpret that event? Why do you believe that event occurred? What do you believe about yourself as a result of that event?
3. Now challenge that core belief. If your core belief is “I’m either perfect or I’m a complete failure”, challenge the validity of that belief. Don’t automatically accept that it is true. Consider evidence to the contrary. Take into account what you know to be facts about your value and successes.
4. Consider if there may be another reason why the event just happened that has nothing to do with you being perfect or a failure.
5. With practice, and honest challenges to your negative core beliefs, your resulting emotion and behavior will change. You will find that you are feeling a more balanced, realistic emotion and react in a more balanced, realistic manner to the event that happened.