

What Are Core Beliefs?

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These are the deep, automatic beliefs we hold about ourselves, others, or the world. Usually formed in childhood or early life. Core beliefs are considered **schemas** or **cognitive frameworks** that shape how people interpret life events (Beck, 1979).

- Examples:
 - Self: “I’m unlovable.” “I always mess things up.”
 - Others: “People will leave me.” “No one can be trusted.”
 - World: “The world is dangerous.” “There’s never enough.”
- From a **spiritual psychology** perspective, core beliefs may include:
 - Beliefs about divine worth (e.g., “I am a soul having a human experience” vs. “I am inherently flawed”).
 - Beliefs about interconnectedness (e.g., “Everything happens for a reason” or “We are all connected”).
 - Beliefs about suffering and growth (e.g., “Challenges are spiritual lessons”).
- These beliefs can either support **spiritual well-being** (hope, peace, compassion) or contribute to **spiritual distress** (guilt, fear of abandonment by a higher power, existential anxiety).

  Example (Applied):

- **Negative Spiritual Core Belief:** “I am being punished by the universe for my mistakes.”
- **Positive/Reframed Spiritual Core Belief:** “Every experience is a path to deeper understanding and alignment.”



Write 5 Core Beliefs

- Write 10 core beliefs about yourself.
- Look to see how many are positive, negative or something someone else said about you

Part 1:

Take one belief. Just one! Answer these questions. If you get triggered, please stop the exercise and talk to a therapist or trusted professional that can help you calm. Always come from a place of love and support for yourself. Take a moment if it is too much for you. Always keep yourself in a safe space.

1. **What happened?**
2. **What was the automatic thought?**
3. **What emotion came up?**
4. **What does that thought say about me?**
5. **What belief must I hold for that thought to feel true?**

Part 2:

Write down a moment this week when you felt anxious, ashamed, or not good enough. Now go through those five steps.

1. **What happened?**
2. **What was the automatic thought?**
3. **What emotion came up?**
4. **What does that thought say about me?**
5. **What belief must I hold for that thought to feel true?**

Part 3:

Now take that same moment and give it the “evidence challenge”. I am going to challenge you to prove that assumption of yourself. Answer these questions:

“Evidence Challenge”

1. **What’s the evidence *for* this belief?**
2. **What’s the evidence *against* it?**
3. **Where did I learn this belief—who modeled it for me?**
4. **Is that source trustworthy?**

Part 4:

Try looking at it another way. Let's reprogram the belief with a "Compassionate Reframe".

1. What would I say to a friend with this belief?
2. What 1 thing could I say about myself looking with eyes of compassion?
3. What's a more realistic and loving belief I can practice?

Homework:

1. Write down 1-2 new affirming beliefs to *practice daily*. Post them where you can see them. Use the final section of the worksheet for this.
2. Write down 20 affirmations that you record for yourself. Your voice needs to hear you speak about yourself so it believes it.

Reflect +

