

Your core beliefs

People prominent in your life, such as your parents, family members, friends, and teachers, will often have spoken to you while you were growing up, giving you their versions of rules on how to live. Sometimes they may have only been indirectly expressed or left unsaid and instead communicated through the behavior of others - in other words, you might have been shown how to behave, and given instructions and commands in this form on what you should or shouldn't do or say. Core beliefs can be valuable and helpful.

To better understand how you think, act and feel, let's take a closer look at these beliefs.

Try and remember which beliefs were conveyed to you by which prominent people in your life that still have an influence on you today.

The following are some typical core beliefs.

“Success in your endeavors is important; it's what makes you a valuable person.”

“You can't do that, what will the neighbors think!”

“Be considerate of your brothers and sisters.”

“If you don't listen to me, I'll be disappointed.”

“When you work hard, I'm proud of you.”

“You need to be attractive and athletic.”

“You must be perfect.”

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Examples from the perspective of a student.

Prominent individual	Typical phrases that could well have formed your core beliefs:
Mother	"You need to pay more attention to your figure or you'll never get a boyfriend."
Father	"If you don't make an effort at school, you won't get any more pocket money."
Brother	"You can do it, believe in yourself."
Grandma	"Behave yourself, or you won't get far in life."
Teacher	"Keep working hard, you have potential."
Friend	"You always have to be there for me, or I'll find new friends."

Space for your own examples.

Prominent individual	Typical phrases that could well have formed your core beliefs: