

Transform Your Negative Core Beliefs



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Transform Your Negative Core Beliefs

Part One: Identify Your Negative Core Beliefs

Step One:

Bring to mind a recent upsetting event. Really let yourself picture it.



The event upsetting me is:



Step Two

Notice what physical feelings come up for you when you think of that event:

Step Three

How upsetting does this event feel on a scale of 0 to 10. 0 is not at all, 10 is "off the charts":

Step Four

What negative belief about yourself goes with this event? (Choose one or two from the Negative Cognitions ("NC") list):

1. _____

2. _____

Step Five

Choose a Positive Cognition ("PC") from the list that counters this Negative Cognition. *The Positive Cognitions are not written in absolute, all-or-nothing language, but are adaptive, reasonable beliefs. Choose one Positive Cognition for each Negative Cognition you listed above, and write down how true it FEELS, on a scale of 1-7. 1 is not true at all; 7 is your heart and mind feel it is true.

PC: _____ How True is Feels: _____ Date: _____

PC: _____ How True is Feels: _____ Date: _____

Step Six

If you bring to mind the Negative Cognition and the physical feelings that come up with the event, does this feel familiar? Does this connect to other upsetting events in our life?

Part Two: Three Methods for Transforming Your Negative Core Beliefs

Method One: Butterfly Tapping with Positive Memory

Step One:

Bring to mind a recent event that supports the Positive Cognition. If you had two Negative Cognitions, do this for each Positive Cognition. If you feel that you do not have a recent event that supports the PC, it is ok to go back in the past to find an event that supports the PC. Write that event here:

Step Two: @awakenjoy.life ©

What physical feelings came up when you think of this positive event?

Step Three:

Bring to mind the positive event and the physical feelings that came up when you think of it, close your eyes and butterfly tap for about a minute. Pause, take a deep breath, and do it again. If you can do this and stay with the positive feelings, do it a few more times.



Butterfly tapping: Put your right hand on your left upper arm, and your left hand on your right upper arm, and give yourself a "self-hug." Alternate tapping with one than the other hand, gently.

Method Two: Evidence

Step One:

What evidence is there that supports the PC? If you cannot think of anything, what evidence would a close friend have to support the PC about you?

Step Two:

As you go through the day, notice the circumstances that support the PC. (Our minds love to focus on any evidence that might emphasize the NC. Try to reverse this!) For example, if your PC is "I'm safe enough", notice how safe you are at this moment. If your PC is "I'm competent enough.", notice the evidence throughout the day of your competence, simple things like getting something done at home, accomplishing something at work, having a positive interaction with someone. List here some things you noticed through the day that support the PC:



Method Three: Movie Technique

Step One:

Picture yourself sitting in a movie theatre, popcorn on your lap. Really visualize watching a movie in which you see the main character going through the event that is upsetting to you. If this is difficult, you can narrate it as a story in the 3rd person, even using a different name for the character.

Step Two:

Notice how you feel about the character. Write your feelings here.

If you feel compassion for the character, notice what that feels like in your body. What does compassion feel like?

Step Three:

Bring the feeling of compassion to mind, with all of those physical feelings. Close your eyes, and try to apply those feelings to yourself. Sit with this for a few minutes.

Step Four: (Only if needed)

If you continue to see the character in the movie with harsh judgements, bring to mind how you think someone else would see the character. Write your thoughts here.

If you still feel the character would be viewed without compassion, it would probably be helpful to go through this exercise with a therapist or a trained help professional. It may also be necessary to put the character's action in the context of the character's whole life. That alone may generate compassion, for what the person went through and how well they have survived considering the facts (and that person is you).

Part Three: Practicing and Gradual Transformation

Practice at least one of the three methods daily for 30 days. After 30 days, record how true the PC FEELS, on a scale of 1-7. 1 is not true at all; 7 is your heart and mind feel it is true.

PC: _____ How True it Feels: _____ Date: _____

PC: _____ How True it Feels: _____ Date: _____

If you have increased how true the PC feels, terrific! Keep practicing. You have probably been developing and reinforcing this NC throughout your whole life, so it is not going to disappear overnight. You may slip backwards when difficult things happen. That is ok, you can get back on track. Great job! And keep practicing!

If you find you are not making progress, it would probably be helpful to go through these exercises with a therapist or a trained helping professional. A trained EMDR trauma therapist will be familiar with these techniques. Other trauma-informed professionals may also be helpful.

Sometimes it is necessary to share our stories with others with others to truly begin to feel better, realize we are not alone, realize we are not wierd or over-reacting or defective. Sharing with a nonjudgmental person who listens carefully and understands is very healing. Healing is possible!



FREQUENTLY USED NEGATIVE AND POSITIVE COGNITIONS

NEGATIVE COGNITIONS

Defectiveness/Shame

I am bad.

I am defective.

I am different (less than).

I don't count.

I am insecure.

I am lacking.

I am stupid.

I am unlovable.

Vulnerability

I am in danger.

I can't trust others.

I am vulnerable.

Lack of choices

I am helpless/powerless

I am trapped.

POSITIVE COGNITIONS

Competence

I can make mistakes and still be a good person

I have some strengths.

I am ok as I am.

My needs do matter/I do count

I am ok as I am.

I have good qualities.

I am smart enough.

I am lovable to many/some people.

Safety

I am safe enough.

I have people in my life that I can trust.

I am safe enough/secure enough.

Choices

I have control in many/some areas of my life.

I can make my own choices. I have can/find much of the support I need.

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Barbara is an expert in helping people transform their lives into ones they actually want to be living! She is a life coach, a psychotherapist, a Buddhist, and a mindfulness meditation instructor. She is also an entrepreneur, the founder and owner of Mindful Psychotherapy, a psychotherapy practice that specializes in life transitions, anxiety and trauma. She created a new brand, Awaken Joy, to bring her work online.



Barbara envisions a world where psychotherapy tools, emotional intelligence skills, meditation training and healing modalities are accessible to all who need it. She has an extensive collection of informative and educational YouTube videos, and a free webinar called [Rewiring Your Brain For Joy and Confidence.](#)

Barbara holds a BA from Yale University, an MBA from Columbia University and an MSW from Southern Connecticut State University. Her first career was in finance, working in Mergers and Acquisitions for 16 years, primarily for Salomon Brothers and Merrill Lynch. She has three young adult children, four young adult stepchildren and a very rotund orange cat named Zucca, which is Italian for pumpkin.

She deeply understands the challenges facing professionals in the corporate and financial worlds, who are trying to balance self-care, personal relationships and work.

Her mission is to live a sane and joyful life, while helping others do the same.



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