

## CORE BELIEFS EXERCISE

Getting a closer look at core jackal thoughts/beliefs:

1. Identify the observation/stimulus you are reacting to.
2. Write down your thoughts, what you are telling yourself in relation to the stimulus. Follow these thoughts to something you might call a core belief, one that has shaped your reactions for a long time. You can follow thoughts through several layers by asking yourself "If this were true, what would it mean to me?" or "What have I assumed or decided that would lead me to think this?" or "That's important to me because..."
3. When you think \_\_\_\_\_ (this belief), how are you feeling?
4. What need(s) do you perceive are not satisfied? Mourn.
5. Sink into the value that/those need(s) hold for you, the beauty of it/them. Notice how you feel.
6. As you look at the core belief, see if it seems to enhance your life from this perspective. Ask your self if operating from that old belief serves you or if you are more connected to something else that may be more true or life enriching for you now.