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## Self-Esteem: Core Beliefs

On a scale from 1-10, with 1 being low self-esteem to 10 being the highest form of self-esteem, where do you stand? Why?

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### What is a core belief?

A core belief is a strongly held belief that influences how we understand our experiences.

Examples of core beliefs could be: People don't like me, I'm ugly, I'm too much, I'm not enough or I'm too emotional for someone to love. Though we may have positive core beliefs, oftentimes, they are usually negative.

What is one negative core belief that you have?

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In order to change your negative core beliefs into positive self-talk, it's important that you start to challenge this negative core belief which will improve your self-esteem.

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What are 3 pieces of evidence contrary to that core belief that you wrote up above? For example, if your core belief is "I'm not enough". Three pieces of evidence contrary to that core belief may be 1. my parents tell me that they value me, 2. my coworkers tell me that they are grateful to work with someone like me, and 3. I try to be a better version of myself everyday.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How did this exercise make you feel? Did you notice anything about your self-esteem that they weren't aware of before?

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**Homework:** come up with your other negative core beliefs with pieces of evidence contrary to that negative core belief. Repeat the three pieces of evidence contrary to your negative core belief each time you think of your negative core belief. Review the homework at the beginning of the following session.

**Book: Cognitive Behavioral Therapy Made Simple By: Seth J. Gillihan PhD**  
**Worksheet by: Janay Bailey, LMHC**