

1. Take 5-10 minutes to **reflect** on each of the irrational beliefs **Self-Defeating Core Beliefs**.
2. **Identify** any that may be particularly relevant to you.
3. **Write** down here or in your journal your reflections.
4. **Consider the following questions** in relation to each of these beliefs:

In what areas or situations do you recognize any of these beliefs in your life?

Can you identify how these beliefs may have developed? Did you choose them or have they developed from the influence of your family/friends as you were growing up?

How have these beliefs prevented you or limited you in terms of achieving the things you really want in life?

What changes can you start making today to start building new beliefs into your life?