



# Discovering and Changing your **NEGATIVE CORE BELIEFS**

*We create change with the words we use, the thoughts we hold in our minds, and the feelings they inspire.*



Your beliefs about **people, the world, and yourself** frequently are rooted in early childhood experiences

if you suffered traumas or very negative treatment from others you may adopt the belief that people are dangerous or untrustworthy.

- "I can't trust anyone. Everyone shits on me."
- "I won't let my guard down."
- "No one is going to hurt me again."



The world is a \_\_\_\_\_place.

People are \_\_\_\_\_.

I am \_\_\_\_\_.

- If your world was a shitty experience, you will see it through a very negative “lens”. “The world is a dangerous/scandalous/scary/unpredictable/painful place. People are bad/mean/risky.” “I am bad, worthless,etc”
- Which is YOURS? Healthy or unhealthy?

# SO...what do I do now to fix this???

- ➔ **Use the “I AM\_\_\_\_\_” statements to create a positive, present-tense and personal affirmation.**
- ➔ **If you are anxious, tell yourself “I am relaxed and confident, even in chaos.”**
- ➔ **If you are angry, tell yourself “I am able to control my emotions at all times”**
- ➔ **If you are lonely, tell yourself “I am comfortable in my own solitude.”**
- ➔ **Keep telling yourself these things until they become your new “normal”.**



# Positive Affirmations: “I AM \_\_\_\_\_”

- PRESENT TENSE: **As if** it is **currently** happening
  - POSITIVE: what you are moving towards, **not away from.**
  - PERSONAL: this is about YOU.
- 



# I AM...

- Living a calm, peaceful life.
- Able to communicate my emotions in a healthy way using “I FEEL” statements to own my feelings and not blame others for “making” me feel this way.
- Setting healthy boundaries with those who tend to take advantage of my kindness.
- Mindful of my Higher Power/Source/God in all occasions, allowing PEACE to become a way of life for me.
- Aware that I cannot change ANYONE.
- Moving away from toxic relationships and toxic environments.



Use POSITIVE affirmations every day,  
becoming mindful of GRATITUDE.

- Are you writing 3-5 things you are grateful for EVERY NIGHT?
- Are you waking up and asking for Guidance and Peace from THE SOURCE of all Goodness, your Higher Power?
- Are you being mindful of your worth? Realize that what you do, how you treat people, how you think of yourself, MATTERS.
- please allow your Spirit to evolve into a higher level. God IS GOOD!!

# HOMework:

- Get some sticky notes and develop at LEAST 3-5 Positive Affirmations about yourself, using the 3 P's.
  - Positive
  - Present tense
  - Personal
- Stick them around your house, car, work
- Meditate on them daily
- Remember to be mindful of what you are GRATEFUL FOR!
- Write 3-5 things every night in your Gratitude Journal.
- SMILE!!!!