

Core Beliefs

Core Beliefs are internal messages that we believe about ourselves. Core beliefs can be positive or negative. However, healthy individuals strive to replace negative core beliefs with positive core beliefs. This can be achieved with the help of a trained EMDR therapist.

This is not a comprehensive list of core beliefs. However, it may help individuals to uncover their guiding core beliefs. There may be several core beliefs that resonate. Circle all that apply.

Negative Core Beliefs

I am unlovable
I am defective
I am incapable of love
I am unworthy
I am not good enough
Something is wrong with me
I have to be perfect
I have to be responsible
I have to be in control
Everything bad is my fault
I make bad things happen
I am a mistake
I don't deserve to live
No one wants me around
I am better off alone
I cannot trust anyone
People seek to harm me
The world is unsafe
I cannot share how I feel
My emotions are bad
It is safer not to feel
My feelings are not real
I cannot trust myself
I make bad decisions
I am insignificant
I am invisible
I am unimportant
I am stupid
I am ugly
My body is disgusting
I am destined to fail
People want me to fail

Positive Core Beliefs

I am lovable
I am perfect as I am
I am capable of love
I am worthy
I am good enough
I am ok as I am
It is ok not to be perfect
I am not responsible for everything
I do not need to be in control to be ok
I am not at fault for bad things
I do not choose for bad things to happen
I have a right to exist
I deserve to live
People like me
I can learn to rely on others
I can trust people (who are worthy of my trust)
Most people have good intentions
The world is safe
I can share how I feel
My emotions are acceptable
I can safely express my feelings
I accept my feelings
I trust myself
I make good decisions
I am significant
It is safe to be seen
I am important
I am intelligent
I am beautiful as I am
I love my body and all that it does for me
I am destined for greatness
People want me to succeed