



## Core Negative Beliefs

Most of the time, when we are blocked in an area of our lives, it is because we feel safer that way. We may, for example, not be happy, but at least we know what we are – unhappy. Much of our fear in our own creativity is the fear of the unknown; rather than find out, we decide to stay blocked. This is seldom a conscious decision. It is more often an unconscious response to internalized negative beliefs.

Here is a list of commonly held negative beliefs:

I can't be successful because:

1. Everyone will hate me.
2. I will hurt my friends and family.
3. I will go crazy.
4. I will abandon my friends and family.
5. I can't spell.
6. I don't have good ideas.
7. It will upset my parents and other family members.
8. I will have to be alone.
9. I will do bad work and look like a fool.
10. I don't have any real money.
11. I will get self-destructive and drink, drug or sex myself to death.
12. My lover will leave me.
13. I will die.
14. I don't deserve to be successful.
15. I will not be able to sustain my success.
16. It's too late, I'm too old.

### ABOUT RELATIONSHIPS

1. Nobody will want me at this weight.
2. I will be used again.
3. My heart cannot take another failed relationship.
4. I'm too old to find love.
5. I have too many children.
6. I'm not successful enough to attract a good catch.
7. Love is not for me.
8. I'm too broken.
9. No one can handle my personality.

### ABOUT OUR HEALTH

1. I'm too fragile.
2. I will never lose weight.
3. No one wants to deal with a person with an illness.
4. No one will love a person who is battling a sickness.
5. I have bad genes.

## ABOUT GOD

1. I've done too much bad.
2. God doesn't love me.
3. God forgot about me.
4. God is punishing me.
5. I am paying for stuff I did in the past.
6. Somebody cursed me.

NONE OF THESE CORE NEGATIVE BELIEFS NEED TO BE TRUE – they come to us from our parents, our religion, our culture, our fearful friends, etc. Each of these beliefs reflect notions we have about what it means to be who we are. Once we have cleared away these sweeping cultural negatives, we may find we are still stubbornly left with core negatives we have acquired from our families, teachers, and friends. These are often more subtle –but equally undermining if not confronted. Our business here this week is to confront them!

## REFLECTION

Identify some negative core beliefs you say about yourself. Then, identify some positive alternatives to counter those negative core beliefs. Here is an example:

<b>Negative</b>	<b>Positive</b>
Dumb	Learning
Too old	Seasoned
Too young	Unencumbered
Broke	Temporarily out of cash
Victim	Survivor
Depressed	Getting through this
Single	Awaiting my mate
Inadequate	Evolving