

Common Negative Core Beliefs

Core beliefs are central beliefs that people hold about the self, others and the world. Core beliefs are commonly developed at an early age and serve as the underlying 'program' that shapes a person's thoughts, feelings and responses to certain scenarios. While people can develop healthy core beliefs, unhealthy (or negative) core beliefs may also develop and are likely to cause unhelpful reactions to situations. This in turn can lead to unwanted symptoms and mental health struggles.

Below is a list of common negative core beliefs. This is not an exhaustive list of the possible negative core beliefs that humans can hold. Working out the specific core beliefs a person holds about the self, others or the world is an important piece of the puzzle.

About The Self

- I am **worthless**
- I am **unloveable**
- I am **boring**
- I am **a failure**
- I am **useless**
- I am **flawed**
- I am **a bad person**
- I am **weak**
- I am **insignificant**
- I am **inadequate**
- I am **not good enough**
- I am **flawed**

About Other People

- People are out **to harm me**
- **Nobody** can be trusted
- People are all basically **evil**
- All people are **selfish**
- **No one cares** about me
- People will hurt me **emotionally**
- People will do anything **to get their way**
- People are **destructive**
- **Nobody** is there for me
- I can't **rely on people**
- **No one** will help me
- I am **flawed**

About The World

- The world **is dangerous**
- The world is **inevitably doomed**
- **Nothing** ever changes
- The earth is a **pointless speck in the universe**
- The world has **no purpose**