

CHALLENGING CORE BELIEFS

NOTICE PATTERNS

What types of thoughts do you have? Write down 3 common negative judgmental thoughts you have about yourself. Where do each of these thoughts occur (i.e. work, school, home)? How often in a day to these thoughts occur?

EXAMINE THE ORIGIN

Think of a time from your past where you felt ashamed or judged. How did that inform your internal judgmental thoughts? What are the triggers of your negative self-talk? What makes you feel like you aren't enough?

CHALLENGE YOURSELF

Come up with 3 reasons each judgmental thought is not true. For example, if you call yourself unlovable, think of a few people who love you to challenge your belief.

