EXERCISE 1
Negative Core Beliefs Tree

Step 1: Self-worth is deeply rooted in beliefs we carry based on the earliest experiences we have in life. To make these beliefs more approachable to self-discovery, let's use a tree visual.

Step 2: The worries and anxieties we are consciously aware of are the leaves of the tree. These are the things we can easily verbalize such as stressors and concerns. What are your worries and anxieties related to your relationship with your mom? Write them in the leaves of the tree.

Step 3: Going deeper cognitively, we ask ourselves what these thoughts say about us, which gets us to the trunk of our tree. Write down key phrases or thoughts on the trunk of your tree.

Step 4: We continue to ask ourselves the question, "if this is true about me, what does this say about me?" to go even deeper, in order to get to the roots of the tree. The roots represent the negative core beliefs that drive our behaviors and can feel painful to explore—negative core beliefs like "I am unlovable. I am a failure. I'm unworthy." Capture your negative core beliefs in the roots of your tree.

Step 5: Now that you are aware of your negative core beliefs, what would you prefer to believe? Write the opposite of your negative core beliefs or another, more, positive belief below. Make sure it's an 'I' statement! Try on statements like "I am lovable as I am. I'm trying the best I can. I am worthy." Which are easier to embrace or accept?

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