

My Common Beliefs/Thoughts

Name:

Date:

Beliefs refers to what we accept to be true about ourselves, others and the world.

This is an exercise designed to bring your most common beliefs (often called 'core beliefs') into awareness.

While the list below is by no means exhaustive, it offers a starting basis if it is hard to identify these beliefs by yourself.

From the list below, please tick the ones you have thought of in the last 3-6 months?

- I cannot trust other people
- I cannot rely on myself and the world
- I cannot take it easy
- Everyone here is rude
- I always have to prove myself
- I am bad
- I am not allowed to express my opinion
- I am not allowed to make mistakes
- I don't have to obey the rules
- I have to keep everything under control
- I have to live up to the expectations of others
- I am not allowed to show my feelings
- I am not being taken seriously
- I can't leave anything to chance
- I am wrong
- I can only feel safe back home (country)
- I can't do that/it's not for me
- I cannot choose
- I don't have enough experience
- I don't have enough money for that
- I don't have enough time for it
- I am nothing, a nobody
- I am too old for it
- I don't have to consider others
- I don't want to be dependent
- I should not dare to enter into obligations
- I don't know how to go about it
- I will never make it in this job market
- I don't want to hurt others

- I have to be perfect
- I will never understand this people/culture/country/company
- I have to please everyone
- I must be on my guard at all times
- I must strive for the very highest
- I will never make it on my own
- I never get what I want
- Nobody is helping me
- Others abandon me
- Those from other countries will never understand where I come from
- I should not confide in others
- I shouldn't dare to take any risks
- I don't want to ask for help
- I will never learn (I'm too old) to speak the language
- I will never make it as well as my friend/colleague/neighbour
- I will never succeed
- I will not be dictated by the law
- I would like to be admired
- I would like to be more and better
- If I leave before getting complete success, it means my life/work abroad is a failure
- My boss never gets me
- No one here/in this country will ever understand me
- Others need to see how great I am
- There is always chaos or crisis with me
- Others – list any other negative thoughts/beliefs you have had recently (give it some thought...)

Which are the **three most important** ones from those you ticked above?

1. _____
2. _____
3. _____

Once done, read further below...



The 3 beliefs you listed above are likely your current core *limiting* beliefs...

While we all have constructive and empowering beliefs, we also have limiting ones. All the thoughts/statements mentioned above represent limiting beliefs, in the sense that they are likely holding you back from further growth and personal development, being too absolute in nature or telling you lies about why you cannot take action or should (not) feel a certain way...

Though beliefs are often directly connected to self-imposed conditions of worth and compensation and feel like fixed truths that simply cannot be contested, **consider whether you would like to challenge at least those top 3 you selected above**, meaning: questioning if they are really true or just your perception or belief about reality.

For further support making sure your life is not being built based on limiting beliefs, you can consider a Belief Challenging exercise (also available) or reaching out to a professional.