As I reflected on my thought record I noticed a couple of core beliefs. These core beliefs included thinking, "I am ineffective", "I am a failure", "I am defective", and "I am not good enough". I have to admit that identifying these core beliefs was difficult for me because I never realized I felt that way. However, as I reflect on my past decisions and current behavior tendencies I realize that those seem to be a common theme in my decision making. I am always seeking to do more in terms of school and my internship because I feel that I need to prove that I am fit to be a social worker. Although other social workers have expressed seeing potential in me, I realize I am always trying to prove to myself that I am smart enough, or good enough to be in this role. Likewise, non-social work majors have sometimes expressed to me that social work is easy and nothing compared to nursing, biochemical or other careers. When these comments are made I often times find myself wondering whether I should have studied something that was a bit more challenging or that would prove that I did not obtain the degree because it was easy, but rather because I earned it with hard work. At this time I have to stop and remind myself that social work was not my original plan, but it was a calling from God and that I am no one to question His plans for my life.

I believe these core beliefs came into existence because I am the first one in my family to go to college; I am also the youngest, which means my parents depend on me. Likewise, being born here and being a decent of foreign parents can be challenging as well. I have to prove that I am Hispanic enough and American enough to belong to both groups. Some Hispanics make comments such as "Wow, your Spanish is really good for you to be born here" to which I respond, "I would hope so, it is my first language". On the other hand, Americans ask, "What is your first language?" Originally I would respond that both English and Spanish were my first language because I learned both simultaneously. However, as I grew up I felt like I had to choose

one so I chose Spanish because my first words were in Spanish. This makes me feel like I have to constantly prove myself to everyone. Another contributor to these thoughts is that sometimes adults make comments without thinking. While I was growing up I always had a short-term and a long-term plan. When asked what I wanted to do in life or in my future, I always had a step-by-step plan of how my future would play out and what I had to do to get there. I always acknowledged that God had the authority to change my plan at any time, but I also realized that having a plan was important. When I shared this plan with some adults, the comments I would receive were a mostly negative. Comments were made expressing the unrealistic view I had, the fact that it was not possible to having everything I strived for, and other comments along those lines. Instead of discouraging me, this made me want to prove them wrong. This motivated me to always strive for what I want and to prove that I can do anything through Christ. However, I do see myself continuing to struggle with wondering whether my decisions are based on what I want or just to prove somebody wrong.

I understand that these core beliefs are not beneficial to me and I want to eradicate or modify these beliefs. I plan to work on this by keeping a journal I can use when I want to make a decision or when I notice certain behaviors. It will be similar to a Thought Record, but instead of focusing on my emotions, I will add a column that states, "reasoning". The record will look like this: "Decision/behavior column" example: I want to complete a Masters in Business Administration. "Thought" example: This will help my future professional self. "Reasoning" example: I want to obtain this because I want to consider having a private practice some day or work in an administrative position. Overall, this journal will help me visualize whether I am doing things for the right reasons or not. I am excited to begin this change in my life!