

Evaluating My Core Beliefs

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In relation to which of my core beliefs are seen in the thought record I filled out, my initial thought was that there are none. However, after thoughtful consideration, I can see that there may be some core beliefs that are an underlying issue in these automatic thoughts and cognitive distortions. When considering the automatic thoughts that I referenced in my thought record this week, I think that the thought that “I am not good enough” is a potential core belief of mine. Although I have not fully identified my core beliefs yet, I believe this may be a factor in my cognitions.

When reflecting on this core belief, I have noted how it has been a driving force in my past decisions as well as in my current tendencies and emotional patterns. In the past and present, I think that this core belief has affected, as continues to affect, how I interact with others. I am not a particularly outgoing or extroverted person and, when I do interact with others, I often over analyze and second guess my decisions. I wonder if the way that I acted or the things that I said made the people that I interacted with not like me or not be interested in further interactions with me. If it is true that this core belief has affected me in this way, as a result, it has probably stunted by social growth.

When thinking about this core belief and how it has affected me, I wonder where its origins in my life came to be. Without further self-analysis, it is all speculation, however, I could probably draw its roots to social acceptance during my childhood among my peers or within my family. I believe that I had average acceptance with my peers as a child. There were kids that liked me and kids that did not. However, those that did not like me did so with a powerful, overwhelming force. As far as my family is concerned, my extended family has the tendency to be very critical of others. Growing up, and even still, I have continually and carefully planned

and analyzed each decision that I have made to ensure that it would be accepted as “good” by my grandparents and other family members; that I would be accepted as “good.” If myself, or someone else in my family, said or did something that was not approved of, these members of my family would criticize them about it to their face or without their knowledge. I can easily see how this would translate to my frequent cognitive distortions of mind reading and fortune telling that I mentioned in my recent thought record.

Creating a comprehensive plan to work on this core belief and its associated cognitive distortions will require a longer assessment. However, at first thought, I think that I can continue to use the idea of a thought record to recognize when I am using automatic thoughts and identify their validity/rationality. I can continue to use a thought record once or twice a week to work on these skills. As I get better at these skills, I can re-evaluate my core belief and create a better, more in-depth plan for working on it.