Exploring Core Beliefs in Relationships

A CBT-based guide to identifying and challenging what you believe about yourself, others, and connection

What Are Core Beliefs?

Core beliefs are deep, often unconscious ideas we hold about ourselves, other people, and the world.

They're usually shaped by early experiences—and in relationships, they influence how we interpret others' actions, communicate, and respond to conflict.

When these beliefs are negative or distorted, they can lead to painful patterns like fear of abandonment, people-pleasing, avoidance, or constant self-doubt.

Common Relationship-Related Core Beliefs

About Self:

- "I'm not lovable."
- "I always mess things up."
- "I have to earn love."
- "If someone really knew me, they'd leave."

About Others:

- "People always leave."
- "Others can't be trusted."
- "No one will ever truly understand me."
- "People only care if I'm useful to them."

About Relationships:

"Relationships	s never last."
• "Love always	turns into pain."
"I have to give	up who I am to be accepted."
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Step 1: Identii	y Your Core Beliefs
Think about a recent (family). Ask yourself:	conflict or emotional reaction in a relationship (romantic, friendship, or
	sume about myself in that moment?
	sume about the other person?
	nat say about what I <i>believe</i> deep down?
X Step 2: Challe	nge the Belief
Pick one belief you id	entified. Use the prompts below to explore it:
1. What is the evider →	nce for this belief?
2. What is the evide	
	belief have come from? (Past experiences?)
	affecting my relationships today?
5. If I had a more bal	lanced belief, what might it sound like? ng left, but that doesn't mean everyone will leave.")

New Belief Practice	:	
Write a more balanced "I am learning that	d belief you'd like to start working on:	
"Even if	. it doesn't mean	,"

Reminder:

You don't have to believe the new thought right away. You just have to be *open* to challenging the old one.