

FM-PTS-10

SESSION 10

GAINING CONTROL OF YOUR CORE BELIEFS

12 Weeks to a Stronger You | Post Traumatic Strength

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"Uncontrolled and unidentified Core Beliefs tend to live in your subconscious mind — not in your Cerebral Cortex, where you think rationally. And that means your feelings, not your values, are running the show."

IDENTIFYING YOUR CORE BELIEFS IN THE MOMENT

Your main goal in this area of work is to learn to make connections between an event and your emotional response. The process looks like this:

- Notice an emotion arising (using your TMZ skills from Session 7).
- Pause and ask: What just happened? What is my emotional response?
- Ask deeper: Is this reaction about the actual event, or about something from my past?
- Identify whether a core belief has been activated.

IDENTIFYING YOUR CORE BELIEFS IN THE MOMENT (CONTINUED)

- Name the belief: "I believe I am ____." or "I believe other people ____."
- Evaluate: Is this belief factually true? Is it serving me?

COGNITIVE RESTRUCTURING APPLIED TO BELIEFS

Once you've identified a limiting or inaccurate core belief, the next step is to challenge it and replace it. This is not about positive thinking for its own sake — it's about finding a more realistic, accurate belief that serves you better.

For example:

- Limiting belief: "I cannot depend on anyone — I have to do everything myself."
- Realistic replacement: "Some people are trustworthy and it is safe to accept support in specific contexts."

This kind of belief revision takes time and repetition. You are literally building new neural pathways, and that requires consistent practice. Every time you catch a limiting belief and replace it with a more realistic one, you are doing the work.

ORGANIZING YOUR BELIEF SYSTEM — A TWO-STEP PROCESS

Step 1 — Write them all down. Before you can organize your beliefs, you need to get them out of your head and into visible form. Write down everything you believe about yourself, other people, and the world — without filtering or judging.

Step 2 — Sort by intensity. Go through your list and evaluate how strongly you feel about each belief. Use the three-tier framework:

- Core Beliefs: Maximum of 5. These are non-negotiable convictions about who you are.
- Convictions: Strongly held but open to revision with sufficient evidence.
- Opinions: Surface-level thoughts that you hold loosely.

ORGANIZING YOUR BELIEF SYSTEM — A TWO-STEP PROCESS (CONTINUED)

As you work through this process, you are building your personal Moral Code — a conscious, intentional framework for how you want to live and who you want to be.

LOOKING AHEAD

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Between now and the next session, continue working through your beliefs. Identify them, rationalize them, and organize them. The goal is not perfection — it is progress. Every belief you bring into conscious awareness is one you now have the power to work with.

In the next session, we will shift our focus to how our beliefs show up in our behavior — looking specifically at the three primary behavioral styles: passive, aggressive, and assertive.