

Good morning and happy Monday team!

I hope you all have had a great weekend with this beautiful weather. This week let's think about how we work with our beliefs. **Negative thoughts rarely stand alone.** When we start examining our thinking, we realize it's just a branch of a much more deeply rooted tree. We climb downward, asking, "Why do I think that? Where is this coming from?" Finally, we arrive at the base of the tree, recognizing a tiny seed planted long ago that grew to shape our worldview. Roots of this tree are our negative core beliefs.



Identify Negative Core Beliefs: Remember – Not all of our thoughts are true (Purple Elephants)

Develop a Better Sense of Self

1. Set boundaries
2. Get comfortable with being alone
3. Avoid comparisons
4. Know what motivates you

Establish New Core Beliefs

Look for evidence to build up the good belief: the ways your contributions made a difference, the obstacles you overcame, the people who love and support you.

- My negative core belief:
- The opposite, positive belief:
- Evidence for the positive belief:

"This is how humans are: We question all our beliefs. Except for the ones that we really believe in. And those we never think to question."

- Orson Scott Card

Peace,

Maggie

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Pronouns: she/her/hers

For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

