



FORMULATION

RAISE AWARENESS OF HOW YOUR CORE BELIEFS CAN PLAY A ROLE IN UNHELPFUL THOUGHTS, FEELINGS, AND BEHAVIOURS. LEARN HOW YOU CAN BREAK YOUR NEGATIVE CYCLES.

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A note from your coach...

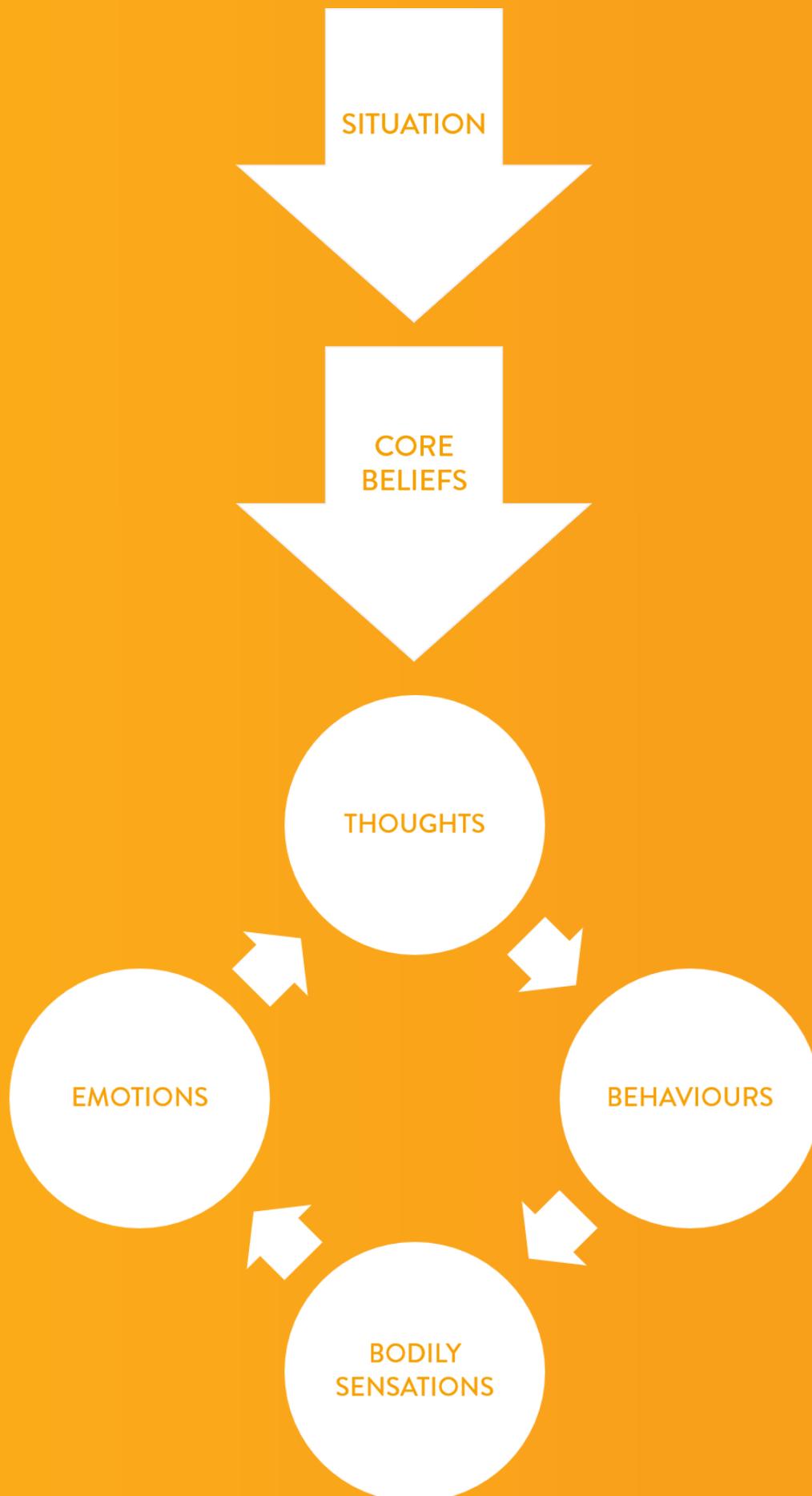
Our present internal perceptions and understanding of how we function, and how the world operates around us, are invariably as a result of our 'core beliefs'. These beliefs have been developed from childhood through to adult experiences. These experiences have consequently shaped how we think, how we feel, and how we behave; all unique to ourselves. Irrespective of how unhelpful these 'core beliefs' are, we believe them.

From our past experiences we develop beliefs that create certain (often unhelpful) thinking patterns that go unchallenged, causing us to behave and feel a particular way about ourselves, about others, or about a past or forthcoming event. As a result, we convince ourselves that we are right, all because those beliefs we have often formed in childhood remain a constant and go unchallenged.

Once you have identified and worked through your core beliefs, you can use the following exercise to raise awareness of how your beliefs may influence your interpretation of certain situations and then start to ask questions such as:

1. If I held a different belief, how might that help me?
2. What are the benefits of holding this belief?
3. How accurate are these beliefs?
4. Where is the evidence to support my beliefs?
5. What evidence is there that suggests my beliefs are unsubstantiated?
6. Are my beliefs still relevant today?
7. What might other people believe in my situation?
8. What might other people do in this situation?

Using this diagram and the following questions, identify and change unhelpful patterns of interpretation.



First, identify the situation that has triggered you, what core beliefs you connect to and the initial thoughts these create.

WHAT IS THE SITUATION?

WHAT ARE YOUR BELIEFS ABOUT THE SITUATION?

WHAT ARE YOUR THOUGHTS TELLING YOU?

Now, you've entered the cycle and your thoughts process has been triggered. Identify the behaviours, sensations and emotions created. Remember, all of these have been triggered by one situation.

WHAT ARE YOUR BEHAVIOURS?

WHAT BODILY SENSATIONS DO YOU NOTICE?

WHAT ARE YOUR EMOTIONS? HOW DO YOU FEEL?



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