

# Social Anxiety - Core Beliefs Worksheet

Core beliefs are beliefs that we hold about ourselves, other people, and the world. They sit at the ‘core’ of our thoughts and feelings we experience today. We often are not always consciously aware of these beliefs at work, they may take some time to uncover.

Core beliefs develop over time, usually from childhood and through the experience of life events and circumstances. At some point, they may have been helpful and helped us survive difficult situations. E.g. having a belief ‘people don’t like it when I express my needs’ may have been helpful if we grew up in a challenging environment. However, when we continue to apply these rules too rigidly, they are likely to have a negative impact.

Common core beliefs for people who experience social anxiety, may include: **If I am not liked by everybody, I am worthless • I’m unlovable • I’m inadequate and useless • People will always reject/hurt me • I always feel nervous • I always mess up at work • I always mess up socially**

Use the form below to test your core beliefs. An example is provided in the left-hand column.

<i>Core belief to be challenged:</i>	Your core belief to be challenged:
<i>Example: I’m inadequate and useless</i>	
<b>Experiences that show this belief is <b>not</b> true all the time:</b>	<b>Experiences that show this belief is <b>not</b> true all the time:</b>
<i>I complete all of the duties expected of me as a worker, parent, partner, daughter, etc.</i> <i>I juggle work and home commitments well.</i> <i>I am able to do things that others can’t do.</i> <i>I have had positive feedback about my work.</i> <i>I am on top of my personal to-do list</i> <i>My colleague thanked me for my help yesterday</i> <i>I take care of my pet</i> <i>I exercise once a week</i> <i>Many people say I am a nice person</i> <i>I work on my social anxiety and self-development</i> <i>I am a good person and try to do my best</i>	