

## **WRITE A LETTER TO THE SOURCE OF YOUR CORE BELIEF**

Often our core beliefs can be the product of how we have been treated by others. This can include either a single or repeated instance of being put down; criticised; called names; treated badly; physically hurt or abused; exploited; taken advantage of; neglected; abandoned; rejected; teased & bullied; ostracised etc.

In the space below write a letter to the source of your negative core belief (s). Tell him/her or them how you feel. Tell them what you think. Be sure to be assertive & speak with strength & conviction. Tell them that what they said & did was wrong; unacceptable; unfair. Tell them that you are not what they said you are. Stand up for yourself. Tell them how things are different now.

To

From

Reflect on the experience of writing this letter. What did it bring up? What thoughts, feelings, physical sensations, urges or behaviours did it generate?