Table 8.2
Key Elements of Core Beliefs

Element	Brief Description
Usually develop during childhood into adolescence	Contributing factors include significant life events and people and biological vulnerability; negative core beliefs may have served a functional purpose but are no longer valid
Negative core beliefs are biased	Negative core beliefs tend to be reinforced by supportive information while disregarding contrary information
Three categories	Helplessness, worthlessness, unloveability
Negative core beliefs self-perpetuating	Negative core beliefs are reinforced and validated by patterns of negative automatic thoughts, negative emotions, and maladaptive behaviors
Negative core beliefs can be modified and replaced by more accurate/adaptive core beliefs	Many of the Socratic techniques used for negative automatic thoughts can be used for negative core beliefs
Positive core beliefs often get overlooked due to presenting distress	Positive core beliefs can be used to modify negative core beliefs and reinforce new accurate/adaptive core beliefs