

## IDENTIFYING NEGATIVE CORE BELIEFS FOR CLEARING

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The following is a sample of common negative core beliefs many people have. Place a check by all the ones that seem to apply to you and are manifested in patterns in your life today—effecting your happiness, health, relationships or success and rate the strength of them 1- 10.

Y/ N 1-10

New Belief to Install

|  |  |  |  |
|--|--|--|--|
|  |  | I am worthless   |  |
|  |  | Failing is unacceptable                                  |  |
|  |  | Yelling will get me attention                            |  |
|  |  | I don't have what it takes to do self healing            |  |
|  |  | I am basically a weak person                             |  |
|  |  | No one ever listens to me                                |  |
|  |  | I will get the illness M or F got                        |  |
|  |  | I will die from this                                     |  |
|  |  | I am not loveable  |  |
|  |  | I am undeserving of love                                 |  |
|  |  | I cannot be assertive without danger                     |  |
|  |  | Love will go away  |  |
|  |  | Love will smother me                                     |  |
|  |  | I will inevitably be abandoned by someone I love         |  |
|  |  | I am a failure   |  |
|  |  | I don't deserve abundance (love, health, success, money) |  |
|  |  | I will not be listened to or acknowledged                |  |
|  |  | People don't like me                                     |  |
|  |  | I can't learn new things                                 |  |
|  |  | I have to be perfect, or else                            |  |
|  |  | Love is dangerous  |  |
|  |  | People will not like me as I am                          |  |
|  |  | I don't deserve to be happy                              |  |
|  |  | I will inevitably be rejected                            |  |
|  |  | People will betray me                                    |  |
|  |  | I can't succeed  |  |
|  |  | Success is dangerous                                     |  |
|  |  | I don't deserve closeness                                |  |
|  |  | I cannot be myself, or I'll be rejected                  |  |
|  |  | I am not enough  |  |
|  |  | I must always please in order to have love               |  |
|  |  | Life has to be a struggle                                |  |
|  |  | Communication is contentious                             |  |
|  |  | Sickness will get me love and attention                  |  |
|  |  | Old people will lose their memory                        |  |
|  |  | Sickness is the only way I can show vulnerability        |  |
|  |  | It's not safe to express my feelings                     |  |
|  |  | Money will make me happy                                 |  |
|  |  | I don't have the power to keep myself healthy            |  |

|  |  |   |  |
|--|--|---|--|
|  |  | I am sure I will get what my mother and father had    |  |
|  |  | Life is burdensome                                    |  |
|  |  | I have to serve everybody else                        |  |
|  |  | I'll probably catch the bug                           |  |
|  |  | The doctor will fix my symptoms for me                |  |
|  |  | My body is frail                                      |  |
|  |  | I have always had a weak system                       |  |
|  |  | My boss doesn't like me                               |  |
|  |  | Its better not to try rather try and fail             |  |
|  |  | I'm destined to be a victim                           |  |
|  |  | I'm too old to....                                    |  |
|  |  | God will punish me                                    |  |
|  |  | I will deteriorate with old age                       |  |
|  |  | Fighting is a way to connect emotionally              |  |
|  |  | I will be controlled or overpowered by others         |  |
|  |  | I must do what everyone else wants me to do           |  |
|  |  | I don't deserve success                               |  |
|  |  | I must struggle in order to succeed                   |  |
|  |  | Sickness happens to you                               |  |
|  |  | I will be rejected if I initiate sex                  |  |
|  |  | Marriage will make me happy                           |  |
|  |  | Abundant success is unsafe                            |  |
|  |  | I don't have much to give                             |  |
|  |  | To argue is to connect                                |  |
|  |  | If I get too close I will lose myself                 |  |
|  |  | If I can't do it perfectly, then I'd better not do it |  |
|  |  | Closeness is dangerous                                |  |
|  |  | Everyone knows more than I do                         |  |
|  |  | I'm not attractive enough                             |  |
|  |  | I'm not worthy of success                             |  |
|  |  | I don't deserve perfect health                        |  |
|  |  | It's not safe to be perfectly healthy                 |  |
|  |  | If I show my vulnerability I will be in danger        |  |
|  |  | My work cannot be fun                                 |  |
|  |  | I'm not worthy of a happy and healthy life            |  |
|  |  | I'm controlled by my genes                            |  |
|  |  | Sickness will get me out of things I don't want to do |  |
|  |  | Germs make me sick                                    |  |
|  |  | I always have to work like a slave                    |  |
|  |  | I catch colds and flu easily                          |  |
|  |  | I will be abandoned                                   |  |
|  |  | I'll hurt somebody if I get angry                     |  |

**IF YOU HAVE TROUBLE IDENTIFYING YOUR NEGATIVE CORE BELIEFS**, look at the following list of common experiences. If you often feel a particular experience in the list, place a check beside it:

Y/N 1-10

Y/N 1-10

|  |  |                  |  |  |                               |
|--|--|------------------|--|--|-------------------------------|
|  |  | Worried          |  |  | Tired                         |
|  |  | Unloved          |  |  | Abandoned                     |
|  |  | Rejected         |  |  | Unable to express my feelings |
|  |  | Ignored          |  |  | Angry                         |
|  |  | Not listened to  |  |  | Anxious or afraid             |
|  |  | Depleted         |  |  | Selfish                       |
|  |  | Self-involved    |  |  | Unloving                      |
|  |  | Non-assertive    |  |  | Withholding                   |
|  |  | Deprived         |  |  | Desperate for sex             |
|  |  | Lonely           |  |  | Afraid of affection or sex    |
|  |  | Unfairly treated |  |  | A failure                     |
|  |  | Controlled       |  |  | Afraid of closeness           |
|  |  | Avoid sex        |  |  | Not respected                 |
|  |  | Powerless        |  |  | Sick                          |
|  |  | Aches and pains  |  |  | Unable to sleep               |
|  |  | Depressed        |  |  | Victimized                    |
|  |  | Afraid           |  |  | Critical                      |
|  |  | Impatient        |  |  |                               |

**NOW ASK YOURSELF:** “What painful childhood experiences would have brought about such feelings or experiences as a child?” And then, “What might I have concluded about myself, others or life as a result of these experiences?” That conclusion is most likely to be a “core belief.”

**Also go over your list of traumas.** Look at the items you checked. Ask yourself, “What might I have concluded about myself, others, or life as a result of that traumatic experience? That conclusion would be a belief to be cleared.

**IDENTIFY THE STRENGTH OF THE NEGATIVE BELIEF- USING THE 10 Point Scale.** If you do not have someone to muscle test you, be as honest as possible with yourself in your self rating as to the strength of the belief based on what is happening now in your life.

**USING THE THYMUS RUB,** if you have someone to do muscle testing, use “Barriers to Releasing.” If you cannot do muscle testing, use the Protocol for Beginning Clearings” just as you did for clearing traumas.