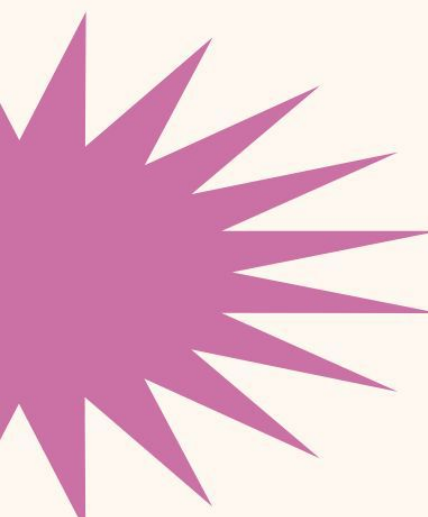


IDENTIFYING CORE BELIEFS AND DEVELOPING A POSITIVE MINDSET



Core beliefs are the deeply held assumptions we have about ourselves, others, and the world. They often develop early in life and shape how we interpret experiences. Identifying and reframing these beliefs can help foster a more positive mindset. With ADHD, this can be beneficial as it shifts the focus from challenges to strengths, helps reduce negative self-talk and build self-confidence leading to better emotional regulation and motivation. Although it takes consistent practice, it is definitely doable.

Step One: Recognising Negative Core Beliefs

Start by noticing recurring thoughts, especially in stressful situations. Common negative core beliefs include:

- "I'm not good enough."
- "People will always let me down."
- "I don't deserve success."
- "The world is unfair and against me."

Exercise: Think about a recent challenge or stressful situation,

Ask yourself: What does this situation make me believe about myself?

Trace it back: Where might this belief have started?

