### Table 8.2
#### Key Elements of Core Beliefs

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events and people and biological vulnerability; negative core beliefs may have served a functional purpose but are no longer valid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