

Exercise: Uncovering a Core Belief

List the **five most troubling experiences** you have encountered in the last three months. Not the most painful*. Just list the five most troubling experiences mentally, emotionally and physically?

Though you may have had more than five, choose and list just the top five experiences in the last three months.

1.)

2.)

3.)

4.)

5.)

**Do not examine these experiences according to the degree or level of pain. Pain can be based upon past perceptions and/or, many different perceptions of pain. For example, one can have a very minor issue with exaggerated pain; perhaps because they are searching for or feel a need to gain attention or approval they did not receive as a child.*