

## Core Beliefs and how Hypnotherapy can help



**Core beliefs** are deeply held assumptions or perceptions about ourselves, others, and the world. These beliefs often develop during childhood and are shaped by experiences, cultural influences, and relationships. While some core beliefs are positive (e.g., "I am worthy" or "People are generally kind"), others can be negative or limiting (e.g., "I'm not good enough" or "The world is unsafe").

**Negative core beliefs** can profoundly affect how we think, feel, and act. They often operate subconsciously, driving self-doubt, fear, or unhealthy behaviours.

**Hypnotherapy** is a therapeutic technique that uses guided hypnosis to access the subconscious mind, where core beliefs are stored and here is how it can help:

### Types of Core Beliefs

Negative Beliefs	Positive Beliefs
<b>Self-Defectiveness</b>	
I am not good enough	I am good enough
I am not lovable	I am lovable
I am shameful	I am honourable and good
<b>Responsibility</b>	
I should have done something	I did the best I could
I did something wrong	I learned from my mistake
It is my fault	I did my best
<b>Safety/Vulnerability</b>	
I am not safe	I am safe now
I can't trust anyone	I can choose who to trust
It is not ok to feel or show emotions	I can safely feel and show my emotions
<b>Control/Choice</b>	
I am not in control	I am in control now
I am powerless	I have choices now
I am weak	I am strong and capable

@Ayan\_Mukherjee

If you have a core belief that "I'm not good enough," hypnotherapy can explore when and how that belief was formed. Perhaps it originated from a specific event in childhood. Hypnosis can help by reframing negative beliefs such as these.

**Identifying Core Beliefs:** Hypnotherapy creates a relaxed state where you can explore your subconscious more easily. This can help uncover deeply rooted beliefs that may not be obvious in daily life.

**Reframing Negative Beliefs:** Once negative beliefs are identified, hypnotherapy can help replace them with healthier, more empowering ones. Through visualisation, or guided suggestions, the therapist helps "rewire" thought patterns.

**Reducing Emotional Triggers:** Core beliefs are often tied to emotional memories or past traumas. Hypnotherapy can help desensitise these emotional triggers by revisiting the memories and reframing the experience from a place of safety.

**Building Confidence and Resilience:** By instilling positive beliefs and reinforcing a sense of self-worth, hypnotherapy can boost confidence and emotional resilience.

**Breaking Unwanted Habits:** Core beliefs often drive behaviours. For example, if you believe "I'll never succeed" you might procrastinate or self-sabotage. Hypnotherapy can address the root belief, leading to healthier habits.