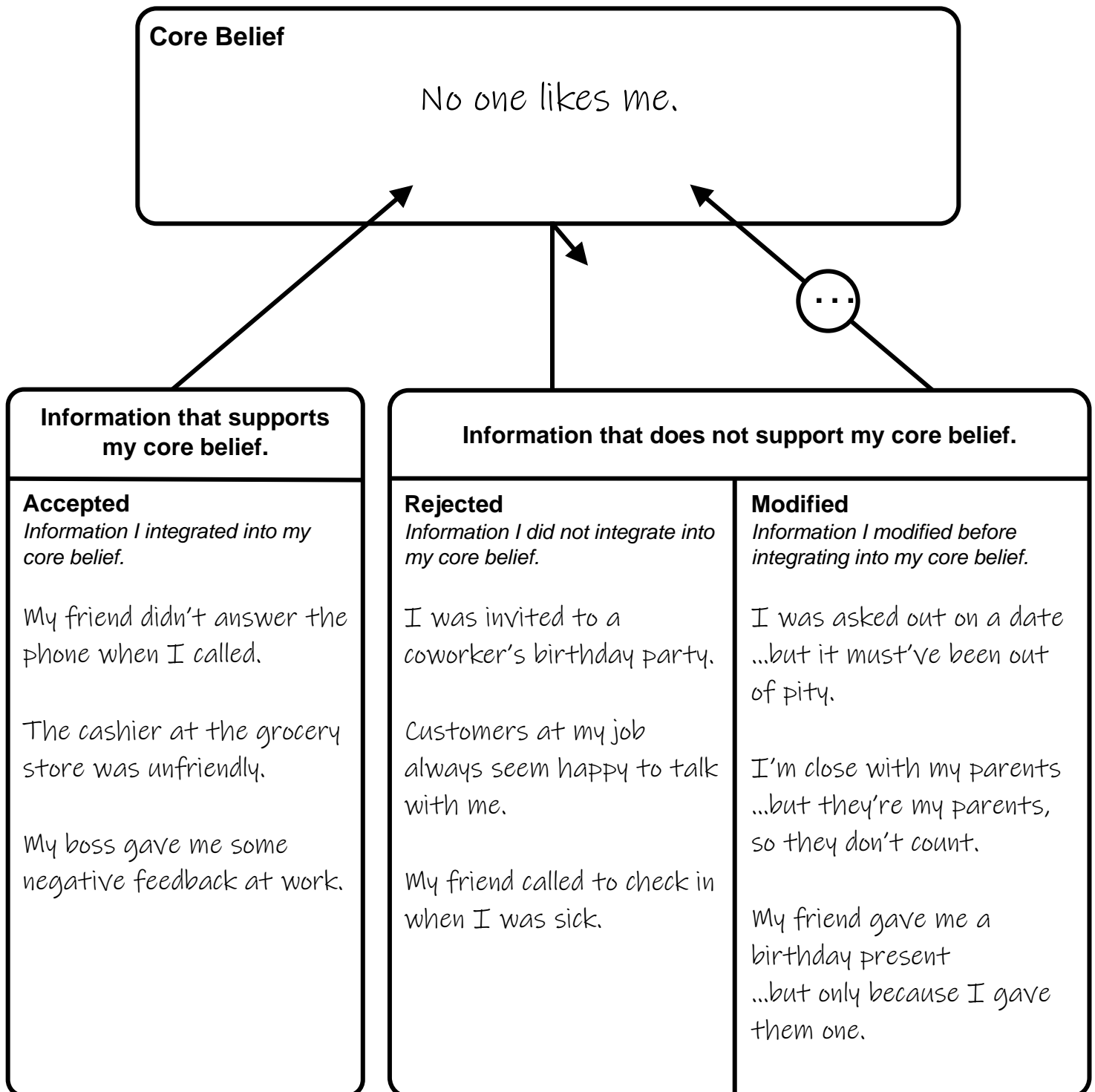


Core Beliefs

Examining the Evidence

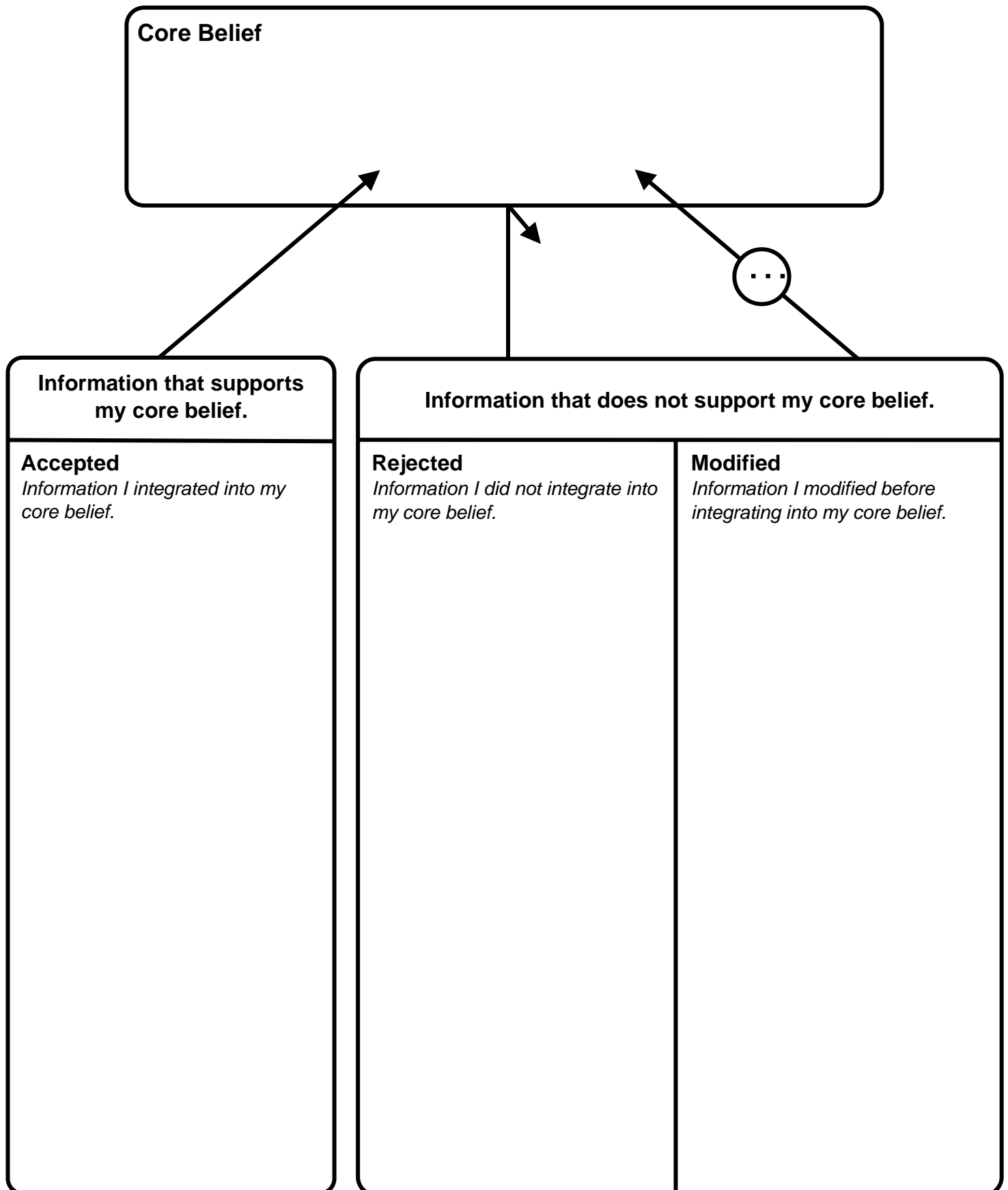
Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen.

As a person has new experiences, their core beliefs may gradually change. However, some experiences have a greater impact than others. Information that *supports* a core belief is easily integrated, making the belief stronger. Information that *does not* support a belief tends to be ignored.



Core Beliefs

Examining the Evidence



Borderline Support UK CIC is a community interest company supporting people affected by borderline personality disorder.

For more information, please visit our website at www.borderlinesupport.org.uk.

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