

Core Beliefs Reflection

Understanding your inner world — based on the Waverley Integrative Framework

“What we believe about ourselves shapes everything we do.”

Our core beliefs — often formed in early life — quietly shape how we think, feel, and relate to others. This reflection invites you to gently explore your inner world across six areas of human functioning.

This is not about finding what's wrong. It's about growing in self-awareness with compassion.

PART 1 — THE THREE CORE LONGINGS

We all have deep longings that were designed to be met in relationship with God and others. How much do you feel each of these right now? (Score 1–10)

☐ Security — feeling safe, loved, accepted ____/10 ☐ Self-Worth — feeling valued and adequate ____/10 ☐ Significance — feeling purposeful and meaningful ____/10

PART 2 — SIX AREAS OF YOUR LIFE

Rational

What do I tend to believe about myself? About others?

Emotional

What emotions do I find easiest/hardest to feel or express?

Volitional

Where do I feel most stuck? What habits do I keep returning to?

Relational

How do I tend to relate to people I trust? People I don't?

Physical

How does stress or emotion show up in my body?

Spiritual

What do I believe about God, meaning, or my place in the world?

REFLECTION

What stood out most to me?

One small thing I can be kinder to myself about:
