

# Commonly Held Core Beliefs & How to Help Disconfirm Them

	Core Belief	How we could respond?
<b>Safety</b>	I'm not safe or protected	That decision helped to keep you safe and out of harm's way
	Something bad is about to happen	Something bad could happen, and you could handle it with (list client strengths, resources, and support people)
	I can't be trusted	You have been open and honest, some really trusting qualities
	I can't trust anyone	People in your life have been untrustworthy and now you get to choose who you trust
	It's not okay to show my emotions	You shared your emotions with me and say you feel a bit lighter/better. Notice that
<b>Responsibility</b>	It's all my fault	There is a lot about this situation that is out of your control. I know if you had the power to make it different, you would
	I'm unlovable	Boundaries have helped you not feel hurt and you are still deserving of the love and care being shown to you now
	I'm bad (stupid, ugly, broken, an addict...)	You showing up week after week is so reliable, a great quality in you. You are wonderful just the way you are.
	I'm shameful	You showed up in a very honorable way just then
	I don't deserve [X]	You can now have XXX
<b>Choice</b>	I have no control	You made a good choice, which worked out well for you here
	I'm not enough	You are truly deserving of that housing voucher
	I can't handle it	Nobody can do anything alone, needing help is human
	My existence is miserable	You deserve to be happy and experience joy
	I'm a failure	Look how you succeeded in XXX

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<b>General Tips</b>	
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Everyone has access to an exit and enough personal space</li> <li>• We are attuned to ourselves, our client, and our environment</li> <li>• We use informed consent with everything we do and remind the client “You can say no”</li> <li>• “It seems like something I did or said really hit a nerve, are you open to telling me?”</li> <li>• We work on the client’s agenda, rather than pushing our own</li> <li>• We are aware of the cultural categories we are in and how they impact safety</li> </ul>
<b>Responsibility</b>	<ul style="list-style-type: none"> <li>• We reflect, celebrate, and up-regulate strengths</li> <li>• We share what we enjoy about working with the client, our gratitude for knowing them</li> <li>• We are relatable not authoritative, humble professional not know-it-all, warm not patronizing</li> <li>• We normalize mistakes, including by apologizing and doing repair work when we make mistakes</li> <li>• We acknowledge that culture can shame people based on labels and –isms</li> <li>• We show respect and positive regard with our words and actions – “You are worthy/loveable/enough just as you are!”</li> </ul>
<b>Choice</b>	<ul style="list-style-type: none"> <li>• We review treatment options and help them weigh the pros and cons</li> <li>• We prompt clients to tap into their own intuition and knowing to make choices</li> <li>• We help step-up to independence:               <ol style="list-style-type: none"> <li>1) Show the task to the client, explain what you’re doing and why.</li> <li>2) Do the task together, coaching them as they go.</li> <li>3) Have the client do the task in front of you.</li> </ol> </li> <li>• We celebrate accomplishments and competencies.</li> <li>• We know that culture and oppression limit choices, so we offer clients choices that are realistic for them.</li> </ul>