

TRANSFORMING CORE BELIEFS WITH NVC

This NVC process can be repeated several times and maybe you do not come to the end of it the first time you go through it.

You might enjoy working with one card for as long as you like.

We encourage you to experience this process with supporters.



Kirsten Kristensen and Farrah Baut-Carlier
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Core beliefs

We live with many different beliefs. It seems they can be grouped fx like this:

I am ... not good enough / nothing / unworthy / not loveable

I am ... alone / seperate from others / different

There is not enough ... love / ressourcer

The world is ... a dangerous / unsafe place to be

Placing the cards

6a 6b

5a 5b

4a 4b

3a 3b 3c

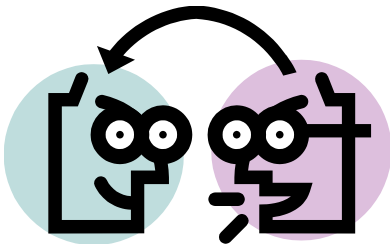
2a 2b 2c

1





MY CORE BELIEF



Unconscious and inherited

Work with a concrete example



HOW DID IT SERVE ME?

Met needs upto now

Needs I tried to meet



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FEELINGS BODY SENSATIONS



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WHAT IS IT COSTING ME TO HAVE THIS BELIEF?

My unmet needs



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WHAT WOULD I FEEL/
WHO WOULD I BE
WITHOUT THIS BELIEF?



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PLAY WITH OPPOSITES



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WHAT AM I LONGING FOR / WHAT IS MY DREAM?

The beauty of my needs



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I FORMULATE A NEW BELIEF
THAT IS IN HARMONY
WITH MY NEEDS AND VALUES

Conscious and chosen



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WHAT IS A SMALL STEP IN THAT DIRECTION?



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