



# Day Two



## Day Two Assignment

Look at the wounds you identified yesterday. Now, consider the three genres of core beliefs and determine which core beliefs get activated when your wound is rubbed, hit, bumped, or slapped. Does a message that you are not enough light up? Perhaps a sense that you can't trust anyone to share your experiences. Maybe it is a message that you can't do anything about it and that you have no choices. It could be a combination of all three.

Identify what the primary negative core belief is that shows up for you in each genre when your wound is triggered.

Negative Core Belief	My Negative Core Belief
I Am	
Trust/Safety	
Powerlessness	

Now, spend some time pondering the following question and then journal your thoughts. **What is the benefit that I am getting by continuing to believe these core beliefs?**

Note: A more comprehensive wound assessment can be located in the [Finding Peace Workbook](#) or in the [Finding Peace Online Course](#).

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