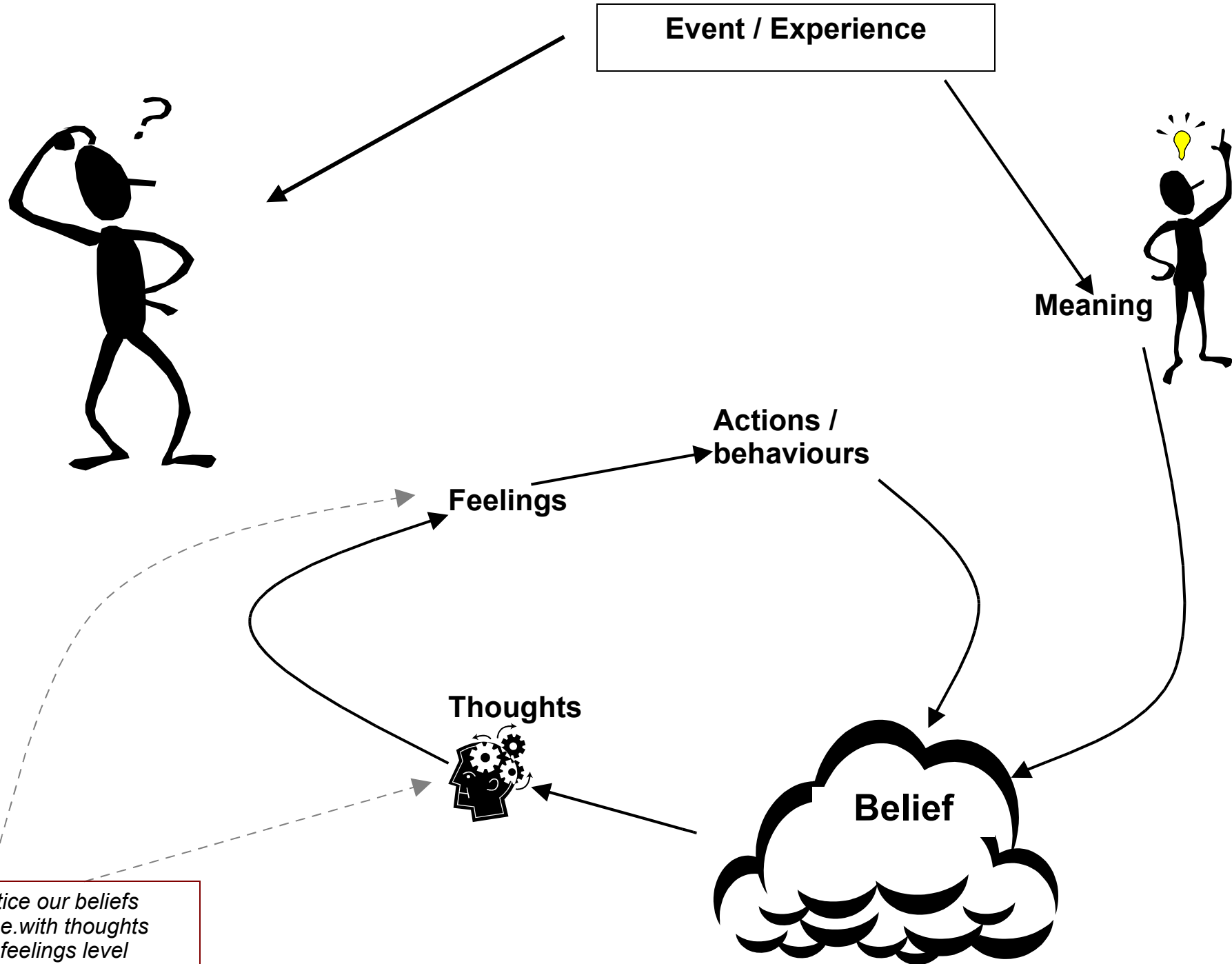


**Formation of Beliefs** (core beliefs formed by age 7)



*We notice our beliefs here: i.e. with thoughts and at feelings level*