Self-Assessment

Were My Core Beliefs Shattered?

Answer a set of questions to understand whether a specific event (or set of events) shattered your core beliefs.

Instructions: Bring to mind a highly stressful experience (or set of experiences) you've had. Then, answer the questions below regarding how you feel in the aftermath of the experience(s).

1. Because of the event, I seriously examined the degree to which I believe things that happen to people are fair.   YES   NO

2. Because of the event, I seriously examined the degree to which I believe things that happen to people are controllable.   YES   NO

3. Because of the event, I seriously examined my assumptions concerning why other people think and behave the way that they do.   YES   NO

4. Because of the event, I seriously examined my beliefs about my relationships with other people. YES   NO

5. Because of the event, I seriously examined my beliefs about my own abilities, strengths and weaknesses.   YES   NO

6. Because of the event, I seriously examined my beliefs about my expectations for my future.   YES   NO

7. Because of the event, I seriously examined my beliefs about the meaning of my life.   YES   NO

8. Because of the event, I seriously examined my spiritual or religious beliefs.   YES   NO

9. Because of the event, I seriously examined my beliefs about my own value or worth as a person.   YES   NO

Scoring:

If you answered **three or more questions "yes",** you likely experienced a challenge to, or shattering of, your core beliefs. If you answered **fewer than three questions "yes"**, but the questions you responded yes to feel extremely true, it is possible you experienced a shattering of your core beliefs. There are resources on this page in the Posttraumatic Growth Resource Library to support you.
*If you are a researcher or practitioner, learn more about the [Core Beliefs Inventory](#) we derived this assessment from.

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