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## UNCOVERING CORE BELIEFS

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### The Downward Arrow

At the top of the page, write down your original Automatic Thought. In each circle, write down one of the question below (choose questions that seem to be most appropriate to deepen the inquiry):

- “What does that mean? Why is that upsetting to you?”*
- “What does that mean about you (or others, or the world)?”*
- “If that’s true, what’s so bad about it?”*
- “What’s the worst part about this?”*
- “So what if this is true? What are you afraid would happen?”*
- “How is that a problem for you?”*

Then, in each box, write down the resulting answer, and continue until you hit a Core Belief (or a Rule). Then find three pieces of contradicting evidence to the belief.

Automatic (Negative) Thought: \_\_\_\_\_



Question:

e.g. “What does that mean about you?”



Answer:



Question:



Answer:



Question:



Answer:



Question:



Answer:



Question:



Answer:



Question:



Answer:



Question:

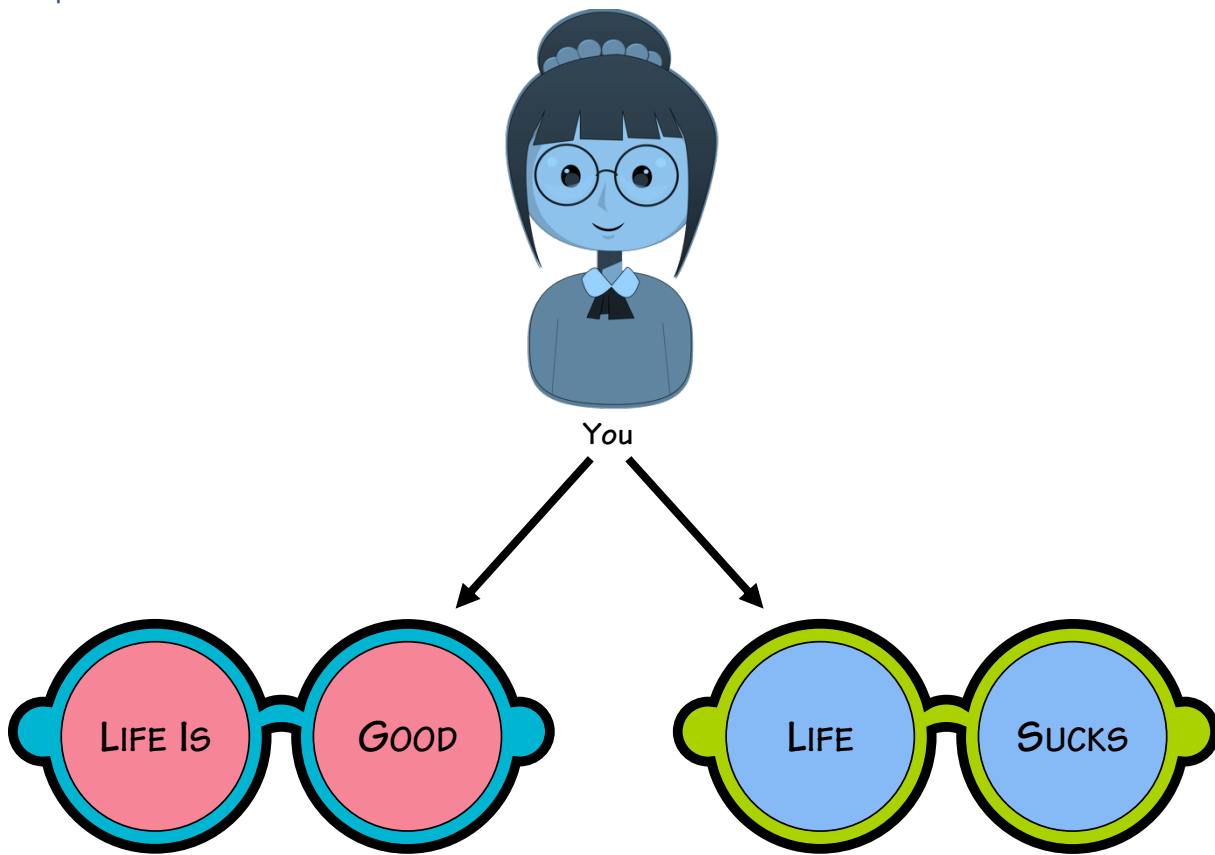


Core Belief:

List three contradicting pieces of evidence to this Core Belief:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Examples of Core Beliefs



- I may not be perfect, but it's okay
- Most days, things are going pretty well
- I can meet my life's challenges
- I don't need to do everything
- I am as worthy as any other person
- I am not responsible for your emotions
- My achievements do not define me
- The world is a safe place
- I choose to work to reach my goals
- I am responsible for my own feelings
- I only need to control my responses
- People deserve the benefit of the doubt
- Life is easy without a story
- Failure is only as I define it
- I am in charge of meeting my own needs
- I am okay as I am
- Some people lie, that's just how it is
- There's no such thing as a mistake
- I get to ask for help
- It's okay to ask for help
- It's none of my business whether you like me or not
- Everyone has a gift
- Being human means being flawed
- I am comfortable being myself
- I don't have to know everything

- I am not good enough
- Something terrible is going to happen
- I am a victim
- Life isn't fair
- I am doomed
- There isn't enough time
- I am worthless
- It's my job to make you happy
- I am a failure
- My needs are not important
- I am a fraud
- I am weak
- People should be honest
- I am helpless
- People shouldn't use other people
- I can't do it
- I can't do it right
- The world isn't a safe place
- I am stupid
- I have to work hard
- Other people can hurt me
- I shouldn't be selfish
- I have nothing to offer
- Men will choose other women over me
- Women will choose other men over me
- I am not lovable

- *Uncertainty is not a problem*
- *I am beautiful the way I am*
- *People are free to accept me or not*
- *I love myself, that's what counts*
- *I am free to express my negative emotions*
- *I matter*
- *I don't read minds, I just ask people what they think*
- *I choose acceptance*
- *I love what is*
- *The universe is friendly*
- *I need to know*
- *Mistakes are bad*
- *I don't fit in*
- *My feelings don't matter*
- *I need to be in control*
- *I have to be perfect*
- *People are not trustworthy*
- *I am not attractive*
- *Life is difficult*
- *I am invisible*
- *I don't count*
- *I should be positive*