

Core Beliefs Worksheet: Examining the Facts

Automatic Thought "initial thought or opinion"

Underlying Associations What Attitudes (mindsets), Rules and Assumptions are present?

Cognitive errors What cognitive errors are evident?

Identified Negative Core Belief

How much do you believe this?
(0-100%) _____%

How does this affect my mental
and/or emotional health?

Experiments and evidence

Examination of evidence (Socratic Questioning)

- What is the evidence the thought is true? _____
- What is the evidence for it being false? _____
- What is another way to look at this? _____
- What is the probability versus the possibility of this statement coming true? _____
- What would a friend say to you or you say to a friend in this situation? _____
- Is my thought rational or irrational? (Circle one)
- Are my expectations realistic or not? Yes No (Circle one)
- What would it take for me to believe the core belief less?

New core belief: (Based on the facts/evidence)

How much do you believe this?
(0-100%) _____%

How does this new core belief help me cognitively,
emotionally, behaviorally and emotionally?
