CBT Core Beliefs Worksheet

Name:	Date:
lenses through which we view life, shaping our	ourselves, others, and the world. They act like colored thoughts, feelings, and behaviors. While these beliefs and adjusted to create a more balanced perspective.
This worksheet will guide you through identifyin beliefs as you focus on one impactful situation.	ng, examining, and gradually shifting unhelpful core
Briefly describe a situation that triggered s	strong emotions:
What emotions and automatic thoughts ca	me up?
Identifying core beliefs	
What does this situation say about me?	
If this is true, what does it mean about me	as a person?
This proves that I am	
Analyzing the evidence	
Evidence that supports this belief	Evidence that doesn't support this belief
Evidence that supports this belief	Evidence that doesn't support this benef

What's another way to view this?
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Original core belief:
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More balanced belief:
How true does each belief feel now? (1-10)
Original belief: /10
New balanced belief: /10
What small step can I take to reinforce this new belief?