

EXERCISE: Identifying Core Beliefs About Self

Refer again to the Thought Records you completed in Chapter 6 (Worksheet 6.1) and Chapter 7 (Worksheet 7.2). Pick one Thought Record on which you recorded intense moods. Complete Worksheet 9.2 based on that Thought Record. End the exercise when you arrive at an absolute statement about yourself. You may have to continue to ask yourself the question "What does this say or mean about me?" more times than printed on the worksheet or you may arrive at a core belief after asking the question one or two times.

**WORKSHEET 9.2: Downward Arrow Technique:
Identifying Core Beliefs About Self**

Situation (from Thought Record)

What does this say or mean about me?



What does this say or mean about me?



What does this say or mean about me?



What does this say or mean about me?



EXERCISE: Identifying Core Beliefs About Others

Pick one Thought Record on which you recorded intense mood. Complete Worksheet 9.3 based on that Thought Record. End the exercise when you arrive at an absolute statement about other people. You may have to continue to ask yourself the question "What does this say or mean about other people?" more times than printed on the worksheet or you may arrive at a core belief after asking the question one or two times.

**WORKSHEET 9.3. Downward Arrow Technique:
Identifying Core Beliefs About Others**

Situation (from Thought Record)

What does this say or mean about other people?



What does this say or mean about other people?



What does this say or mean about other people?



What does this say or mean about other people?


