

Adjusting Negative Core Beliefs

(Example)

Old Negative Core Belief I would like to Adjust

I am incompetent

Rate how much I believe it (0-100%): Now: 50%

When it is most convincing: 95% When it is least convincing: 80%

Emotion

*Depressed, Sad,
Hopeless*

New Balanced Core Belief I would like to Adopt

I have some weaknesses like anyone does but I am good at many things

Rate how much I believe it (0-100%): Now: 30%

When it is most convincing: 60% When it is least convincing: 5%

Emotion

*Ok, Calm,
Accepting*

Old Negative Core Belief

Evidence For

I am anxious all the time. There are other people better than me. Everyone knows what they are doing. I have made mistakes and gotten things wrong. Bosses have told me I am no good. I have to ask people for help at times. I find things hard. Things don't come naturally to me

*Alternative Ways of Looking at the Evidence
Feeling unconfident is a symptom of anxiety - it doesn't mean I can't do things well. There will always be some people who are better than me. Lots of those people have more experience than me. It doesn't make me incompetent. I can always improve further. I don't know for sure that everyone knows what they are doing - it just appears that way. They may be feeling the same way I do on the inside. Everyone makes mistakes. It is not fair to use that as a reason to keep beating myself up and telling myself I'm incompetent. The two bosses who criticised me did it to everyone, not just me, so it probably doesn't accurately reflect my level of competence. Finding things a challenge doesn't mean I am incompetent – I just need to work at what I do*

New Balanced Core Belief

**Evidence For New Balanced Core Belief
(from the past/present)**

I am anxious all the time. There are other people better than me. Everyone knows what they are doing. I have made mistakes and gotten things wrong. Bosses have told me I am no good. I have to ask people for help at times. I find things hard. Things don't come naturally to me.

**Evidence For New Balanced Core Belief
(what to look out for in the future)**

Feeling unconfident is a symptom of anxiety - it doesn't mean I can't do things well. There will always be some people who are better than me. Lots of those people have more experience than me. It doesn't make me incompetent. I can always improve further. I don't know for sure that everyone knows what they are doing - it just appears that way. They may be feeling the same way I do on the inside. Everyone makes mistakes. It is not fair to use that as a reason to keep beating myself up and telling myself I'm incompetent. The two bosses who criticised me did it to everyone, not just me, so it probably doesn't accurately reflect my level of competence. Finding things a challenge doesn't mean I am incompetent – I just need to work at what I do

New Balanced Core Belief

**Evidence For New Balanced Core Belief
(from the past/present)**

I complete most of my projects on time. I complete all of the duties expected of me as a worker, parent, partner, daughter, etc. I juggle work and home commitments well. I am able to do things that others can't do. I have had positive feedback about my work. People acknowledge I do a good job.

**Evidence For New Balanced Core Belief
(what to look out for in the future)**

Meeting deadlines. Completing tasks at work and home. Fulfilling commitments I have made. Handling difficult challenges. Positive feedback from others. Signs others value my work or abilities.

**New Behaviour/Experiments (things I can do to support or gain more evidence for my
New Balanced Core Belief)**

Less preparation for presentations and meetings. Stop checking work so much (just proof once). Leave small mistakes and note reactions from others. Try not to do everything perfectly at work and home, aim for 80% or "good enough" with some tasks. Approach challenging work opportunities. Ask for help with something at least once a week. Admit to not knowing something regularly. Express my opinion even when I am not 100% sure of the correct answer. Spend time weekly doing pleasant activities just for myself. Treat myself kindly, rather than filling my week with striving to achieve.

Rate how much I believe the following now (0-100%)

Old Negative Core Belief: 30%

New Balanced Core Belief: 70%

Adjusting Negative Core Beliefs

Old Negative Core Belief I would like to Adjust

Rate how much I believe it (0-100%): Now:

Emotion

When it is most convincing:

When it is least convincing:

New Balanced Core Belief I would like to Adopt

Rate how much I believe it (0-100%): Now:

Emotion

When it is most convincing:

When it is least convincing:

Old Negative Core Belief

Evidence For

**Alternative Ways of Looking at the
Evidence**

New Balanced Core Belief

**Evidence For New Balanced Core Belief
(from the past/present)**

**Evidence For New Balanced Core Belief
(what to look out for in the future)**

New Balanced Core Belief

<p>Evidence For New Balanced Core Belief (from the past/present)</p>	<p>Evidence For New Balanced Core Belief (what to look out for in the future)</p>
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<p>New Behaviour/Experiments (things I can do to support or gain more evidence for my New Balanced Core Belief)</p>
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<p>Rate how much I believe the following now (0-100%)</p>
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<p>Old Negative Core Belief:</p>	<p>New Balanced Core Belief:</p>
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