

CORE BELIEF: \_\_\_\_\_

How strongly do you believe this core belief? \_\_\_\_\_  
(0-100%)

Benefits (advantages)	Costs (disadvantages)

Do the costs outweigh the benefits or vice versa?

Identify which benefits & costs are most important to you with a \* & note why?

Examine the benefits. What is the belief doing for you? What is the *function or purpose* of the belief?

Consider how this core belief was once useful & functional given the circumstances from which it developed? How did it serve a purpose then but is no longer functional now?

In letting go of this core belief (by modifying it into something more reasonable & constructive) what do you have to learn to “let go of” & forgo?

How could you modify this core belief? How could you rewrite this into a belief that is more accurate (consider the evidence worksheet) & helpful?

If you were to live your life according to this new modified belief, what would you be doing differently? How would you be acting? What would you be saying? What would you be trying, attempting, confronting?

What skills or “know how” do you need in order to put these new behaviours into action? What do you need to learn & practice?