

## RAISING AWARENESS & OPERATION OF CORE BELIEFS

Modifying core beliefs starts with knowing what they are; recognising when they get triggered & understanding how they operate in your life. Use the sheet below to increase your awareness of the activation & operation of your negative core beliefs in your day to day life. Use the examples provided below as a guide to filling out the enclosed worksheet. These are designed to help you identify the different ways in which your core beliefs influence your thoughts; feelings; physical sensations & behaviours.

<b>Situation</b> When did this happen? What happened? Who was involved? Where were you?	<b>Core Belief</b> What core belief was activated?	What <b>thoughts</b> were generated? Images? Memories? Stories? Patterns of thinking?	What <b>feelings</b> were generated?	What <b>physical sensations</b> were generated?	What did you feel the <b>urge</b> to do?	What did you do? Describe your <b>actions</b> ? Label any <b>coping behaviours</b>	What were the <b>consequences</b> of your actions/coping behaviours?
<i>At work on Tuesday. I was asked to do a new task by my boss. I struggled to understand the task required</i>	<i>"I'm incompetent" "I'm not good enough"</i>	<i>"I can't do this" "I will get it wrong" "Everyone will see how dumb I really am" Remembering when I failed an exam at school &amp; how embarrassed I felt</i>	<i>Worthlessness Sadness Frustration Fear</i>	<i>Felt sick in the stomach Heart started to pound Tension in my shoulders</i>	<i>Cry Run home &amp; hide</i>	<i>Persevered with the task &amp; refused to ask for any help. Tried to do it on my own</i>	<i>Became increasingly distressed. Struggled to concentrate. Found it harder to get the job done</i>
<i>Scrolling through Facebook &amp; see my ex-partner with someone new</i>	<i>"No one will ever love me" "I will never find the love I need"</i>	<i>"I'm not good enough for anyone" "He/she never really loved me" "I can't believe he/she has moved on already" "How could anyone love me?" Remembering when I was dumped in the past Remembering how alone I felt on Valentine's day this year</i>	<i>Sadness Despair Anxiety Worthlessness Hopelessness</i>	<i>Felt heavy in the chest Felt nauseous</i>	<i>Get into bed Pour another glass of wine Binge eat</i>	<i>Drank more wine Ate food Continued to examine my ex's page &amp; ruminate about their new relationship</i>	<i>Got drunk Felt sick from eating Felt worse about being single Felt hung over the next day</i>
<i>At home &amp; my partner gets a message. He reads it &amp; then puts his phone in his pocket</i>	<i>"No one can be trusted" "I will be left &amp; abandoned"</i>	<i>"Who has messaged him?" "What if he is keeping something from me?" "He is going to leave me" Image of being alone at home</i>	<i>Anxiety Fear Scared Vulnerable</i>	<i>Heart beats faster Feel tense</i>	<i>Check his phone without him knowing</i>	<i>Asked him who messaged. Demanded that he tell me. Got angry at him</i>	<i>Had a fight with my partner. He got angry at me</i>

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<i>At after work drinks on a Friday afternoon. Everyone is talking casually with each other. I am not saying much &amp; watching everyone talk.</i>	<i>"I'm different"            "I don't fit in"            "I don't belong"</i>	<i>"Do they really want me here?"            "Do they really like me?"            "Are they just being polite?"            Scanning everyone to see how they feel about me            Remembering sitting in the library during recess at primary school</i>	<i>Anxiety            Left out            Down            Self-conscious</i>	<i>Felt hot            Started to sweat            Heart started to beat a little faster</i>	<i>Get up &amp; leave            Force myself to contribute to the conversation</i>	<i>Checked my phone. Said I needed to get home as something had come up</i>	<i>Felt less anxious but disappointed in myself for bailing</i>
<i>At work. My boss asks me if I can see him after lunch</i>	<i>"The world is a dangerous place. Bad things will happen"</i>	<i>"What have I done wrong?"            "I'm going to get in trouble?"            Ruminating &amp; worrying about what he wants to talk about            "What if .....?"</i>	<i>Anxiety            Guilt            Apprehensive            Fear            Weak            Overwhelmed</i>	<i>Heart beats faster            Breathing gets quicker</i>	<i>Go to my boss &amp; ask him if I have done anything wrong</i>	<i>Sat at my desk. Continued to worry about what he wanted to talk about. Kept going over it in my mind</i>	<i>Couldn't concentrate or focus on my work. Went to the toilet &amp; cried</i>
<i>My partner is out on Saturday night with her friends. I am at home alone.</i>	<i>"I can't cope on my own. I need others to feel comfortable"</i>	<i>Remembering feeling anxious every time my partner goes out            Remembering being alone as a child while my parents were at work            "I hate being on my own"            "I can't handle not having anyone here"</i>	<i>Anxious            Sadness            Panic</i>	<i>Heaviness in my chest            Sick in my stomach</i>	<i>Message her to see what she is doing            Ask her to come home early            Call another friend to keep me company</i>	<i>Messaged my partner            Watched TV to try &amp; distract myself            Called a friend &amp; talked to them            Drank too much beer</i>	<i>Felt bad that I called my partner &amp; interrupted her night</i>

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