

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

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

What situations tend to trigger the core belief?

What thoughts/stories or patterns of thinking are generated by the core belief?

What feelings are generated by the core belief?

How does the core belief drive your behaviours? What do you do/say when the core belief is triggered?

What are the consequences of these behaviours? How does it affect your life; the way you think & feel; your relationships/friendships; work/study performance; self-esteem? Does it *help or hinder* you in achieving your goals?