

Belief Challenging Exercise

Name:

Date:

Core beliefs are strongly held beliefs about the self, so it is highly likely that you will cling onto them tightly. Beliefs can feel like fixed truths and it often seems as if they simply cannot be contested. They are often directly connected to self-imposed conditions of worth and compensation (rules). Dropping our beliefs can feel quite frightening, as on most cases we will have devoted huge amounts of time and resources to prove them: it might feel as if we lose a part of our identity without them.

The following exercise is designed to bring your beliefs into awareness. For a more effective work, it is recommended you look for a professional who can help you move past your unhelpful beliefs.

Take enough time to answer each question, before moving on (or even reading) the next one.

1. What is the belief?
2. How real and familiar does the believe feel?
3. What impact does that belief have in your life?
4. What benefits does this belief have on your life?
5. Were you born with this belief?
6. How old is the belief?
7. Where do you think the belief came from?
8. If you learnt the belief from a person, where do you think s/he learnt it from?
9. Do you want to keep that belief?
10. If you gave yourself an opportunity to believe something else, what belief would you pick?
11. How do you think you might feel if you choose to believe your new belief as much as the old one?
12. How does knowing that you can choose to believe something else make you feel?

What will be your next step now?!

Source: Adjusted from Manning, J. & Ridgeway, N (2016) CBT Worksheets, Suffolk: West Suffolk CBT Service.