Identifying Our Core Beliefs

Example
Situation: My husband was drinking and said hurtful things
Automatic thought: He hates me
Emotion: Shame
Assumption you are making: I’ve failed at my marriage
Core belief: I am a failure

1.
Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:
2.
Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:

3.
Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:
Identifying Our Core Beliefs

Example
Situation: My dance instructor criticized my performance but praised the other girls in my class
Automatic thought: My performance was awful
Emotion: defeated, inadequate
Assumption you are making: I’m not as good as the other girls.
I’ll never make it as a dancer
Core belief: I am not good enough

1. Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:
<table>
<thead>
<tr>
<th>2.</th>
<th>Situation:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Automatic thought:</td>
<td></td>
</tr>
<tr>
<td>Emotion:</td>
<td></td>
</tr>
<tr>
<td>Assumption you are making:</td>
<td></td>
</tr>
<tr>
<td>Core belief:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3.</th>
<th>Situation:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Automatic thought:</td>
<td></td>
</tr>
<tr>
<td>Emotion:</td>
<td></td>
</tr>
<tr>
<td>Assumption you are making:</td>
<td></td>
</tr>
<tr>
<td>Core belief:</td>
<td></td>
</tr>
</tbody>
</table>
Alina V Design and Resources

-Thank you for the borders!