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:

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2. Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:

3. Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:

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0 0	<u>IDENTIFYING OUR CORE BELIEFS</u>	°													
0	EXAMPLE	0													
0	SITUATION: MY DANCE INSTRUCTOR CRITICIZED MY PERFORMANCE BUT	•													
0 0	PRAISED THE OTHER GIRLS IN MY CLASS	0													
0	AUTOMATIC THOUGHT: MY PERFORMANCE WAS AWFUL	0													
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0	EMOTION: DEFEATED, INADEQUATE														
0 0	Assumption you are making: I'm not as good as the other girls.														
0	I'll never make it as a dancer														
0	Core belief: I am not good enough	•													
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