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:

2.
Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:

3.
Situation:

Automatic thought:

Emotion:

Assumption you are making:

Core belief:

Credits

[Alina V Design and Resources](#)
-Thank you for the borders!