

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 14. Identifying Unhelpful Core Beliefs

Are there some common themes across your thought records, appraisal records, or (more importantly) across your causal thoughts? Can you think of a single belief that might explain your emotional reactions (and behaviours) in two or more of the situations on your thought records? **Can you think of a single belief or statement that could account for, or underpin, two or more of your causal thoughts?** If so, write this **core belief** in the space below.

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Can you think of any other core beliefs that can account for two or more of your causal thoughts?

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Your therapist may suggest some alternative wording (or alternative core beliefs) below.

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### Checklist for Identifying Core Beliefs

1. Can the thought explain the negative emotions you felt in several events on your thought records?
2. Can the thought explain the intensity of the negative emotions in these events?
3. Can the thought explain your behaviours in these events?
4. Can the thought explain two or more of the causal thoughts that you have identified?
5. Can the thought explain the negative emotions that you have felt at other times, in other situations? Can you think of at least five other situations where the thought may have caused your moods and behaviours?

**Agreed 'Core' Beliefs.** After discussing it with your therapist, and after considering the checklist above, select the most important core beliefs to target in cognitive therapy.

Core Belief 1.

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Rate your current belief in this thought \_\_\_\_\_ (0-100)

Core Belief 2.

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Rate your current belief in this thought \_\_\_\_\_ (0-100)

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