

CBT Core Beliefs Worksheet

Name	Date
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This core belief worksheet is designed to help you identify and explore any underlying beliefs you may have that may be contributing to negative or unhelpful thoughts, feelings, and behaviors.

Complete the statements below

I am

Other people are

The world is

How do these statements make you feel?

How do these beliefs impact my behavior, relationships and daily life?

Do these beliefs serve a purpose in my life? If not, which alternate beliefs would be more constructive?

How would I interpret my old core beliefs viewed in the lens of my more balanced alternate beliefs?