

CBT Core Beliefs Worksheet

Name: _____ Date: _____

Core beliefs are our deepest convictions about ourselves, others, and the world. They act like colored lenses through which we view life, shaping our thoughts, feelings, and behaviors. While these beliefs feel like absolute truths, they can be examined and adjusted to create a more balanced perspective.

This worksheet will guide you through identifying, examining, and gradually shifting unhelpful core beliefs as you focus on one impactful situation.

Briefly describe a situation that triggered strong emotions:

What emotions and automatic thoughts came up?

Identifying core beliefs

What does this situation say about me?

If this is true, what does it mean about me as a person?

This proves that I am...

Analyzing the evidence

Evidence that supports this belief

Evidence that doesn't support this belief

What's another way to view this?

Original core belief:

More balanced belief:

How true does each belief feel now? (1-10)

Original belief: /10

New balanced belief: /10

What small step can I take to reinforce this new belief?