

Challenging Beliefs Worksheet

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Date: Jan 16,2024

This worksheet is a tool for mental health professionals and life coaches to use with their patients to help them challenge and reframe unhelpful or negative beliefs. It is designed to encourage self-awareness and cognitive restructuring.

Identifying Beliefs

Describe a recent situation where you experienced negative emotions.

Felt overwhelmed and anxious about a presentation at work.

Identify the belief or thought associated with these emotions.

I am not competent enough to handle important tasks.

Rate the intensity of your belief (0-10, where 10 is the strongest).

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Challenging the Beliefs

Provide some evidence supporting the belief:

Struggled with similar tasks before, received some negative feedback in the past.

Provide some evidence against the belief:

Successfully completed many projects, received praise for creativity and dedication.

Are there alternative explanations for the situation?

The task was challenging for anyone, not just me. External factors like tight deadlines also played a role.

How would someone else view this belief or situation?

A colleague might see this as an opportunity for growth and learning, not as a measure of competence.

What is the effect of holding onto this belief?

Increases stress and anxiety, hinders performance, damages self-esteem.

What could be the outcome of changing this belief?

Reduced anxiety, better performance, increased self-confidence.

Reframing Beliefs

Create a more balanced or realistic thought to replace the negative belief.

I am capable and can handle challenges, even if I need help or make mistakes

Rate your belief in the new thought (0-10, where 10 is the strongest).

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Plan of action: What steps can you take to reinforce this new belief?

Seek feedback, focus on past successes, practice stress-reduction techniques.

Reflection and Review

How do you feel after challenging and reframing your belief?

More hopeful and less anxious

Life Coach's Observations and Details

Observations and recommendations

Emily shows good insight. Recommended continued work on self-compassion and cognitive reframing techniques. Positive progress noted.