

Challenging Beliefs Worksheet

Name:

Age:

Date:

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.

Identify the belief or thought associated with these emotions.

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

Challenging the Beliefs

Provide some evidence supporting the belief:

Provide some evidence against the belief:

Are there alternative explanations for the situation?

How would someone else view this belief or situation?

What is the effect of holding onto this belief?

What could be the outcome of changing this belief?

Reframing Beliefs

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

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

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

Reflection and Review

How do you feel after challenging and reframing your belief?

Life Coach's Observations and Details

Observations and recommendations