

# Negative Core Belief List

Name		Date	
<b>List your negative core beliefs and answer the reflection questions below.</b>			
Negative belief	Description	Origin	Counterargument
<b>Reflection</b>			
What patterns or themes do you notice in your negative core beliefs?			
How do these beliefs impact your thoughts, feelings, and behaviors?			

In what ways can you actively challenge and reframe these negative beliefs?