

Problematic Beliefs

Is the way you think contributing to your problems?

Part 1. Below are a series of statements that reflect potentially problematic beliefs. Evaluate each belief and then mark whether you think the belief **totally**, **sort of**, or **not at all** reflects your thinking. For any beliefs you totally relate to, also note whether beliefs like those would most likely lead to problems with anxiety (**Anx**), depression (**Dep**), or in relationships (**Rel**).

<i>Belief</i>	<i>Totally</i>	<i>Sort of</i>	<i>Not at all</i>	<i>Anx?</i>	<i>Dep?</i>	<i>Rel?</i>
The world is a dangerous place.						
I am weak and helpless.						
Most people can't be trusted.						
I should always prepare for the worst.						
Most people are more competent than I am.						
Most people are unreliable.						
I have nothing to look forward to.						
I have more flaws than most people.						
Usually things turn out worse than expected.						
I don't have what it takes to solve my problems.						
Most people are selfish.						
If something can go wrong it probably will.						
I have secrets that are truly shameful.						
I have basically ruined my life.						
If I open up to others I'll just be a burden.						
My life is a constant struggle.						
I must make others happy so they will like me.						
No one likes me.						
I should always try to be the best I can be.						
I can't make the best out of my situation.						

<i>Belief</i>	<i>Totally</i>	<i>Sort of</i>	<i>Not at all</i>	<i>Anx?</i>	<i>Dep?</i>	<i>Rel?</i>
I can't make close friends.						
Happy people are shallow.						
If I let someone get close they will hurt me.						
My success determines my worth.						
My life is pretty meaningless.						
I am better off being alone and on my own.						
There is only one right way of doing most things.						
Showing emotion is a sign of weakness.						

Part 2. Do you have other problematic core beliefs? Take some time to consider this, and then write a few additional statements that reflect core beliefs you have which might be problematic. Also indicate whether each of the problematic beliefs contribute to problems with anxiety, depression, or problems in relationships.

<i>Belief</i>	<i>Anx?</i>	<i>Dep?</i>	<i>Rel?</i>
1.			
2.			
3.			
4.			
5.			

Part 3. Following the example below, choose three key, problematic beliefs you have identified and then carefully consider evidence for and against each belief. After noting the evidence for and against each belief, revise the belief to reflect a less problematic way of thinking.

Example

Belief: <i>I have basically ruined my life.</i>
Supporting evidence: 1. <i>I've been divorced three times.</i> 2. <i>I hate my job.</i> 3. <i>I've totally lost touch with my closest friends.</i>
Contrary evidence: 1. <i>My life isn't over yet, and if I make some good choices things may improve.</i> 2. <i>If I decide to try starting over at a new company, I might find a job I enjoy.</i> 3. <i>I could reach out to some old friends, and work to deepen some of my casual friendships.</i>
Revised belief: <i>It won't be easy, but I may be able to shape my life in a positive direction.</i>

Belief:
Supporting evidence: 1. 2. 3.
Contrary evidence: 1. 2. 3.
Revised belief:

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief: