

**Instructions:** Start with a distressing thought. For each step, answer briefly and honestly. Repeat 4–6 times until you reach a core belief, then evaluate and create a kinder statement.

1. Write a distressing thought about yourself:



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2. And what does that mean?



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3. What does that say about you?



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4. And so what, what if that were true?



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5. What are you worried that might mean?



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6. And why does that bother you?



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7. And what does this suggest?



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Sources:

1. Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive Therapy of Depression*. New York: Guilford Press.
2. Manhattan Center for Cognitive Behavioral Therapy (2026).

**Evaluate the core belief**

Core belief identified:

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Evidence FOR this belief (facts, examples)

1. 

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2. 

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3. 

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Evidence AGAINST this belief (exceptions, weaknesses)

1. 

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2. 

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3. 

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Alternative balanced belief A kinder, more realistic statement I can use:

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Behavioral experiment / small action One small action to test this belief:

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Sources:

1. Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). Cognitive Therapy of Depression. New York: Guilford Press.
2. Manhattan Center for Cognitive Behavioral Therapy (2026).