

Top tip

Remember to play the curious detective, and beware of the confirmation bias (see pages 27–9 to learn more about this). If you are having trouble with this topic it can help to get some support from someone with a more objective view, e.g. friends, family or health professionals.

The negative core belief that I hold about myself is that . . .

‘I am _____’

How certain are you that this negative core belief is true?

'Right *now* I believe this core belief is true with about ___ % certainty.'

What impact does this negative core belief have on you?

I feel . . . Name the feeling in one word	Strength of feeling (per cent), where 100 per cent means the feeling is as strong as possible	Bodily sensations Do you notice anything in your body when you feel this way?