

WORKSHEET: IDENTIFYING CORE BELIEFS ABOUT ME

Situation: _____

Unhelpful thought: _____

Question: *What does this say or mean about me?*

Answer: _____

Question: *What does this say or mean about me?*

Answer: _____

Question: *What does this say or mean about me?*

Answer: _____

Question: *What does this say or mean about me?*

Core belief: _____
