How core beliefs may be formed and maintained

Background information
*What experiences contributed to the development and
maintenance of the core belief?*

_____

_____

_____

Unhelpful core belief
What is my most unhelpful core belief?

_____

_____

_____

Assumptions
*Rules that guide my behaviour
(usually expressed as 'if . . . then' statements)*

_____

_____

_____

Strategies that maintain my core belief

_____

_____

_____

201

Typical situations in which my rules and beliefs may be activated

_____

_____

_____

Unhelpful automatic thoughts (and emotions)
*that may occur in the above situations and
reinforce core belief*

_____

_____

_____

Behaviour in response to thoughts

_____

_____

_____