

1

Write a concise, complete sentence describing something that you experience as challenging. It's helpful to use the words "should" or "shouldn't." (Ex.: "They should listen to me.")

>

2

How strongly do you feel this belief to be true?

0 1 2 3 4 5 6 7 8 9 10

3a

How do you **feel** when you believe this?
(Circle below or add your own)

afraid abandoned angry annoyed
anxious confused depressed desperate
embarrassed frustrated helpless
hopeless hurt impatient inadequate
insecure invisible jealous nervous
rejected resentful tense upset worried

3b

How do you **act** when you feel this way?
(Circle below or add your own)

argue belittle blame bully complain
cry drink eat escape fight
find fault with give up gossip insult
interrupt lose sleep manipulate obsess
overwork pity myself preach pretend
procrastinate shop shut down smoke
suffer withdraw yell

4

Write the negation of your statement from Step 1. In most cases, you add "In reality" at the beginning, flip the main verb, and add "at this time" or "at that time" at the end.

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Continue to Step 5...

5

Write below all the proof you can find that supports the negation being true in reality at this time (or in the past). Be thorough, using an additional sheet of paper if necessary.

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Read what you found out loud to yourself. Can you come up with any more proof? Do you see the negation as true in reality at a single point in time?

6a

How do you **feel** when you see the truth of the negation? (Circle below or add your own)

- calm clear compassionate connected curious
- enlightened enthusiastic excited free grateful
- honest humble intimate light loving optimistic
- peaceful playful relaxed relieved serene
- supportive tolerant truthful understanding

6b

What **actions** might come from this? (Circle below or add your own)

- accept apologize approach be honest breathe
- clarify communicate contribute delegate exercise
- explore focus follow through forgive give thanks
- listen make amends network open up participate
- prioritize reach out share speak up support

7

Read your **original** statement again. How strongly do you feel this belief to be true now?

0 1 2 3 4 5 6 7 8 9 10