

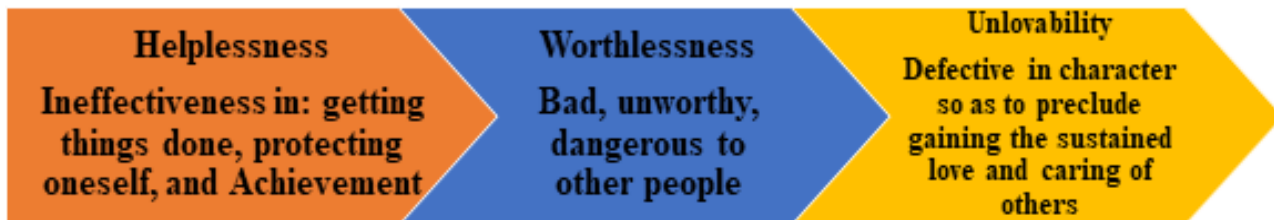


CBT Core Beliefs Worksheet

Instructions:

Just like the roots of the trees are deep-rooted and hidden, Core beliefs are hidden and deep-rooted, and negative automatic thoughts keep surfacing apparently

Three major types of Core beliefs



Helpless	Worthlessness	Unlovability
I am unworthy	I don't deserve to live	I am unlikeable, unwanted
I am inadequate	I am a waste	I am ugly

Core Belief

Evidence in favor of my core belief	Evidence against the core belief
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Accepted Easily	Ignored	Modified

References

[Beck, J. S. \(2020\). *Cognitive behavior therapy: Basics and beyond \(3rd ed.\)*. New York, NY: Guilford Press.](#)

[Boden, M. T., John, O. P., Goldin, P. R., Werner, K., Heimberg, R. G., & Gross, J. J. \(2012\). The role of maladaptive beliefs in cognitive-behavioral therapy: Evidence from social anxiety disorder. *Behaviour Research and Therapy*, 50\(5\), 287-291.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.