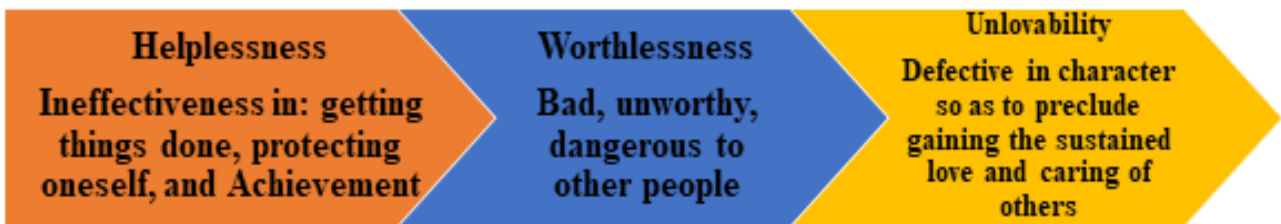


Printable Core Beliefs CBT Worksheet

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

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 favour of my core belief | Evidence against the core belief | |
|--------------------------------------|----------------------------------|----------|
| Accepted Easily | Ignored | Modified |
| | | |

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