

Problematic Beliefs

Part 1. Below are a series of statements that reflect potentially problematic beliefs people sometimes have. Evaluate each belief and then mark whether you think the belief **totally**, **sort of**, or **not at all** reflects your thinking. Also note whether **totally** thinking along the lines of each belief would most likely lead to problems with anxiety (**Anx**), depression (**Dep**), or in relationships. The idea is to evaluate the fundamentals of your belief system and to consider whether some of your core beliefs may be contributing to problems you want to address.

<i>Belief</i>	<i>Totally</i>	<i>Sort of</i>	<i>Not at all</i>	<i>Anx, Dep, Relationships?</i>
The world is a dangerous place.				
I am weak and helpless.				
Most people can't be trusted.				
I should always prepare for the worst.				
Most people are more competent than I am.				
Most people are unreliable.				
I have nothing to look forward to.				
I have more flaws than most people.				
Usually things turn out worse than expected.				
I don't have what it takes to solve my problems.				
Most people are selfish.				
If something can go wrong it probably will.				
I have secrets that are truly shameful.				
I have basically ruined my life.				
If I open up to others about problems I'll just be a burden.				
My life is a constant struggle.				
I must make other people happy so that they will like me.				
No one likes me.				
I should always try to be the best I can be.				
I can't make the best out of my situation.				

<i>Belief</i>	<i>Totally</i>	<i>Sort of</i>	<i>Not at all</i>	<i>Anx, Dep, Relationships?</i>
I can't make close friends.				
Happy people are shallow.				
If I let someone get close they will eventually hurt me.				
My success determines my worth.				
My life is pretty meaningless.				
I am better off being alone and on my own.				
There is only one right way of doing most things.				
Showing emotion is a sign of weakness.				

Part 2. Do you have other problematic core beliefs? Take some time to consider this, and then write a few additional statements that reflect core beliefs you have which might be problematic. Also indicate whether each of the problematic beliefs contribute to problems with anxiety, depression, or problems in relationships.

<i>Belief</i>	<i>Anx, Dep, Rel?</i>
1.	
2.	
3.	
4.	
5.	
6.	

Part 3. Following the example below, choose three key, problematic beliefs you have identified and then carefully consider evidence for and against each belief. After noting the evidence for and against each belief revise the belief to reflect a less problematic way of thinking.

Example

Belief: *I have nothing to look forward to.*

Supporting evidence:

1. *I've been disappointed by a lot that has happened in my life so far.*
2. *There is a lot of horrible stuff happening in the world, and some of that will impact me.*
3. *A lot of people live unhappy lives.*

Contrary evidence:

1. *There is no way of truly knowing what the future holds.*
2. *As I learn how to make better decisions I may be able to bring good things into my life.*
3. *Some people seem to find meaning in their lives.*

Revised belief: *It won't be easy, but I may be able to shape my life in a positive direction.*

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief: