

EXERCISE: Identifying Underlying Assumptions

Worksheet 11.1 can help you identify some of your assumptions.

WORKSHEET 11.1. Identifying Underlying Assumptions

For items 1 and 2, identify behaviors that you keep doing even when it would be better for you not to do it (e.g., staying up late watching television, drinking too much alcohol, overeating, criticizing someone, dating the wrong types of people, cleaning the house all the time). Write each behavior in the “If . . .” part of the sentence, and then complete the “then . . .” part of the sentence. Do the same for the “If I don’t . . .” part.

1. If I _____,
then _____.
If I don’t _____,
then _____.
2. If I _____,
then _____.
If I don’t _____,
then _____.

For items 3 and 4, identify things you typically avoid, and see what underlying assumptions can help explain your avoidance:

3. If I avoid _____,
then _____.
If I don’t avoid _____,
then _____.
4. If I avoid _____,
then _____.
If I don’t avoid _____,
then _____.

For items 5 and 6, identify some specific times when you have especially strong emotions (e.g., someone criticizes you, you make a mistake, people are late, you get interrupted, someone tries to take advantage of you,

(continued on next page)

WORKSHEET 11.1 *(continued from previous page)*

a telemarketer calls you). What underlying assumptions might explain your reaction? Write the situation that triggers your emotion in the "If . . ." section, and then complete the other sections.

5. If _____,
then it means _____.
If this does not happen,
then it means _____.

6. If _____,
then it means _____.
If this does not happen,
then it means _____.
