

## EXERCISE: Identifying Core Beliefs about Yourself

Think of another recent situation in which you had a strong mood. Complete Worksheet 12.2 for that situation. End the exercise when you arrive at an all-or-nothing, absolute statement about yourself. You may have to continue to ask yourself the question "If this is true, what does this say or mean about me?" more times than printed on the worksheet, or you may arrive at a core belief after asking the question only one or two times.

### WORKSHEET 12.2. Downward Arrow Technique: Identifying Core Beliefs about Self

Situation (connected to a strong mood)

---

What does this say or mean about me?

---



If this is true, what does this say or mean about me?

---



If this is true, what does this say or mean about me?

---



If this is true, what does this say or mean about me?

---