

EXERCISE: Identifying Core Beliefs about Other People

Complete Worksheet 12.3, using either the same situation used in **Worksheet 12.2** or another recent situation in which you had a strong mood that was related to one or more other people. End the exercise when you arrive at an all-or-nothing, absolute statement about other people. You may have to continue to ask yourself the question "If this is true, what does this say or mean about other people?" 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 12.3. Downward Arrow Technique:
Identifying Core Beliefs about Other People**

Situation (connected to a strong mood)

What does this say or mean about other people?



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



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



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