

EXERCISE: Identifying Core Beliefs about the World (or My Life)

Complete Worksheet 12.4, using either the same situation used in **Worksheets 12.2 or 12.3**, or another recent situation in which you had a strong mood. End the exercise when you arrive at an all-or-nothing, absolute statement about the world. You may have to continue to ask yourself the question "If this is true, what does this say or mean about the world?" more times than printed on the worksheet, or you may arrive at a core belief after asking the question only one or two times. If this question about the world doesn't make sense to you, you can ask, "If this is true, what does this say or mean about my life?"

**WORKSHEET 12.4. Downward Arrow Technique:
Identifying Core Beliefs about the World (or My Life)**

Situation (connected to a strong mood)

What does this say or mean about the world (or my life)?



If this is true, what does this say or mean about the world (or my life)?



If this is true, what does this say or mean about the world (or my life)?



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