

EXERCISE: Rating Behaviors on a Scale instead of in All-or-Nothing Terms

On Worksheet 12.8, identify some of your own behaviors related to your new core belief. For example, if you are trying to develop a new core belief that you are lovable, you might rate your social behavior or things you do that you think would make you lovable. If you are trying to develop a new core belief that "I am a worthwhile person," you could focus on behaviors that you think demonstrate your worth. Choose behaviors that you tend to evaluate in all-or-nothing terms. For each scale, describe the situation and write what behavior you are rating. Notice how it feels to rate your behavior on a scale instead of evaluating yourself in all-or-nothing terms. After you have rated several behaviors on these scales, summarize what you have learned at the bottom of Worksheet 12.8. For example, Vic wrote, "I am acceptable even when I have partial successes, because these are steps in the right direction. My efforts to improve myself are a sign of acceptability, even though I am less than perfect."

WORKSHEET 12.8. Rating Behaviors on a Scale

Situation: _____ Behavior I am rating: _____
0% 25% 50% 75% 100%
○ ○ ○ ○ ○

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0% 25% 50% 75% 100%
○ ○ ○ ○ ○

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0% 25% 50% 75% 100%
○ ○ ○ ○ ○

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○ ○ ○ ○ ○

Situation: _____ Behavior I am rating: _____
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○ ○ ○ ○ ○

Situation: _____ Behavior I am rating: _____
0% 25% 50% 75% 100%
○ ○ ○ ○ ○

Summary: