



Challenging Harmful Beliefs

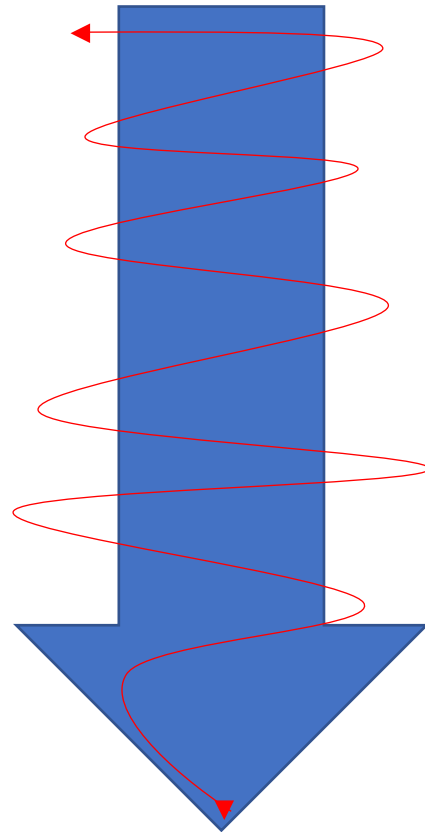
When we feel anxious about approaching a given situation, we tend to build up a series of assumptions that cause us to either avoid the situation entirely or approach it with distress.

For example, someone might avoid public speaking because they think that if they speak in public, they will misspeak, and if they misspeak people will think they are incompetent, and if that's the case they will never be able to hold a job, and if that's the case, they will be unsuccessful. This chain of thought progresses quickly and unconsciously. An everyday situation can quickly become a crisis.

At the root of this string of assumptions, there tends to be a core belief that if left unchallenged, can create undue anxiety stress.

Scenario

a.
b.
c.
d.
e.
f.
g.
h.
i.
j.
k.
l.
m.



Core Belief

Catch it, check it and change it!

Now that you have had the opportunity to consider the chain of thoughts and the underlying beliefs associated with your scenario, it's time to put these assumptions to test.

Consider the questions below, using examples from the assumptions you listed on the previous page.

1. Am I certain that _____?

For example: Am I certain that I am going to fail?

2. Do I know for sure that _____?

For example: Do I know for sure that I won't get a promotion or be invited?

3. What does _____ really mean _____?

For example: Does not getting a promotion or being invited really mean I'm a loser?

4. What evidence do I have that _____ will happen?

For example: What evidence do I have that the doctor will have bad news?

5. Is there any other possible explanation for _____ besides _____?

For example: Is there any other explanation for turbulence other than "the plane is crashing"?

6. What are the chances that _____ will actually happen?

For example: What are the chances that I will make a fool of myself presenting?

7. Has _____ happened in the past to me?

For example: Has making a fool of myself happened before when presenting?

8. If _____ did happen, what is the worst that would really happen?



For example: If I did laugh or forget something, what is the worst that would really happen?

9. If the worst did happen, how bad would it really be?

For example: If people did think I was silly or not prepared, how bad would it be?

Reflections

Take a moment to note any insights you've had regarding your scenario