

BELIEFS AND RULES

Automatic Thoughts	Underlying Beliefs or Rules
	I am.. I must always... I must never... If I... If I don't...
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If all of these beliefs about yourself were true, or if you were unable to follow all of these rules, what would that say about you as a person? This is your negative core belief. People may have several such deep beliefs about themselves. Often there are beliefs about one's "Lovability" and one's likelihood of success.

Negative Core Belief

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