

Core Belief Worksheet

Negative Core Beliefs

Belief about your Self-Worth and being Worthy of Love

I am...

Belief about the future and your success

I am...

Compensatory Mechanism

Because of this Negative Core Belief I must make sure I always....

Compensatory Mechanisms

- Avoid negative emotions
- Be perfect
- Be responsible
- Avoid intimacy
- Receive recognition
- Avoid confrontation
- Control situations
- Act childlike
- Please others
- Display high emotion/attract attention
- Appear incompetent or helpless
- Avoid responsibility
- Seek inappropriate intimacy
- Avoid attention
- Provoke others
- Give up control to others
- Act in an authoritarian manner
- Distance myself from others or try to please only oneself

Adapted from Cognitive Therapy Basics and Beyond by Judith Beck

Predicted Doom

I must use my compensatory mechanism or else...

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