

Identify & Challenge

NEGATIVE INTERNAL BELIEFS

WHAT IS THE NEGATIVE THOUGHT?	DID I (TRY TO) FIND EVIDENCE?	WHAT TYPE OF NEGATIVE THINKING IS HAPPENING?	WHAT IS THE NEGATIVE INTERNAL BELIEF OR CORE BELIEF?	WHERE DID THIS NEGATIVE BELIEF COME FROM?	CHALLENGE IT!	WHAT IF MY FEARS ARE TRUE? HOW CAN YOU HANDLE THE FEAR IF IT HAPPENS?
<p>EXAMPLE: THAT PERSON ONLY LOOKED AT ME BECAUSE I AM UNATTRACTIVE.</p>	<p>EXAMPLE: THEY LOOKED AT ME.</p>	<p>EXAMPLE: NEGATIVE ASSUMPTIONS, NEGATIVE SELF TALK.</p>	<p>EXAMPLE: I THINK I AM UNATTRACTIVE.</p>	<p>EXAMPLE: MY FAMILY USED TO CRITIQUE MY LOOKS. I DIDN'T FEEL GOOD ENOUGH.</p> <p>DIGGING FURTHER: THIS MAY HAVE LED TO AN ATTACHMENT OF MY WORTH TO MY APPEARANCE, WHICH MAY EXPLAIN WHY I AM BOTHERED TO THE SEVERITY I AM.</p>	<p>EXAMPLE 1: DO I REALLY THINK I AM UNATTRACTIVE, OF DO I FEEL UNATTRACTIVE? EXAMPLE 2: I DON'T TRULY BELIEVE THAT, I AM JUST AFRAID I AM UNATTRACTIVE? EXAMPLE 3: SOMEONE LOOKING AT ME COULD BE BECAUSE I AM ATTRACTIVE.</p>	<p>EXAMPLE 1: EVEN IF THEY FEEL THAT WAY, I DO NOT. EXAMPLE 2: I AM IN CONTROL OF MY APPEARANCE AND CAN MAKE CHANGES THAT IMPROVE MY SELF-ESTEEM IF I WISH.</p>
<p>WHAT DOES THIS DO? LABELLING THOUGHTS IS IMPORTANT IN ORDER TO BRING WORDS AND ATTENTION TO AUTOMATIC EMOTIONS AND THOUGHTS.</p>	<p>WHY IS THIS IMPORTANT? CHERRY PICKING INFORMATION THAT FITS YOUR INITIAL THOUGHT IS CALLED CONFIRMATION BIAS. IT CAN BE HARMFUL IN THAT IT REINFORCES NEGATIVE THINKING, NEGATIVE INTERNAL BELIEFS, AND ANXIETY, FEARS, ETC (I.E., "I KNEW IT, THAT'S WHY I FEEL LIKE THIS!").</p>	<p>WHAT DOES THIS DO? IDENTIFYING THE TYPE OF THINKING CREATES INSIGHT, ALLOWING FOR REFLECTION AND CHALLENGING. IT ALLOWS YOU TO REALIZE WHAT YOU ARE REALLY SAYING TO YOURSELF.</p>	<p>WHAT DOES THIS DO? THIS ALLOWS FOR INSIGHT, REFLECTION, AND IDENTIFICATION REGARDING WHAT FUELS NEGATIVE THINKING, ALLOWING US TO CHALLENGE IT. IT ALLOWS YOU TO UNDERSTAND HOW YOU REALLY FEEL ABOUT YOURSELF, AND HOW THIS IMPACTS DAILY AUTOMATIC THOUGHTS</p>	<p>WHY IS THIS IMPORTANT? IDENTIFYING THE ORIGINS OF NEGATIVE BELIEFS ALLOWS FOR INSIGHT REGARDING THE IMPACT OF OTHERS, THE WORLD, ETC. ON HOW WE VIEW OURSELVES. THIS ALLOWS YOU TO SEPARATE FROM THE BELIEF, AS IT MAY NOT BE "YOURS", RATHER PLACED UPON YOU AND INTERNALIZED.</p>	<p>WHY IS THIS IMPORTANT? CHALLENGING ALLOWS YOU TO INTENTIONALLY QUESTION YOUR AUTOMATIC BELIEFS, AND IDENTIFY POSITIVE ALTERNATIVES THAT DON'T REINFORCE NEGATIVE BELIEFS AND ANXIETY. WITH PRACTICE, THIS MAY BECOME EASIER OVER TIME, AND HELP YOU DRAW INSIGHTFUL CONCLUSIONS THAT HELP REFRAME THINKING.</p>	<p>WHY IS THIS IMPORTANT? NORMALIZING FEARS CAN HELP DISCREDIT ANXIETY, AND REGAIN SENSE OF PEACE. IDENTIFYING HOW YOU CAN TAKE CONTROL HELPS REGAIN SENSE OF CONTROL, REDUCES INTERNALIZING THE OPINIONS OF OTHERS, AND CAN INCREASE CONFIDENCE. THIS MAY BE HELPFUL IN ALLOWING NEGATIVE BELIEFS TO CHANGE OVER TIME.</p>

WHAT IS THE NEGATIVE THOUGHT?

DID I FIND EVIDENCE?

WHAT TYPE OF NEGATIVE THINKING IS HAPPENING?

WHAT IS THE NEGATIVE INTERNAL BELIEF OR CORE BELIEF?

CHALLENGE IT!

HOW CAN YOU HANDLE THE FEAR IF IT HAPPENS?

Ex: When I'm not the best, people are unhappy with me.

Initial negative thought and the negative core belief.

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Ex: My family only praised me when I was making them "proud".

Where did this negative belief come from? What caused it?

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Ex: Children need to feel loved and accepted to feel safe, and have good self esteem.

Why would this be so important as a child, during a critical period, or for survival? (*why it was needed*)

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Ex: My worth is only due to my achievements, which makes me feel unlovable as I am.

Identify any deeper internal beliefs that may not have been obvious before.

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