

Identify & Challenge Negative Beliefs

Identify Negative Beliefs

List down the negative beliefs that you often find yourself holding.
Remember to be honest with yourself!

My negative beliefs:

Source of Beliefs

Reflect on where you think these beliefs might have come from.
Are they based on past experiences, influences from others, or societal norms?

My negative beliefs:

Identify & Challenge Negative Beliefs

Challenging Negative Beliefs

For each negative belief, write down why it might not be true.
Provide arguments against each negative belief.

Negative belief:

Negative belief:

Negative belief:
