Core Beliefs Worksheet

hypnoskill.com

How to use it

1. Pick one recent moment that upset you. Work on one thought at a time.
2. Part 1 finds the belief underneath. Don't argue with your answers yet.
3. Part 2 tests the belief against real evidence. Part 3 writes a balanced version and turns it into a short self-hypnosis suggestion.
4. Take 20 to 30 minutes. Stop and come back later if it gets too heavy.

Part 1: The downward arrow

The situation (what happened, when, where):

The thought I had (exact words):

↓ *If that thought were true, what would it mean to me?*

↓ *And if that were true, what would it mean?*

↓ *What does that say about me?*

↓ *And why would that bother me?*

↓ *What's the worst part of that?*

My core belief (short, absolute, about me, other people, the world or the future):

How strongly do I believe it right now? (0 to 100): _____

Is it about: □ myself □ other people □ the world □ the future

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Part 2: Belief check

The belief I'm checking: _____

Evidence that seems to support it	Evidence that doesn't fit it
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Prompts for the right-hand column: - What would a friend who knows me well point out? - When has this belief not been true, even once? - Am I treating a feeling as a fact? - What positive things am I discounting or calling "luck"?

Part 3: Rewrite

Old belief:

→ **Balanced belief** (realistic, not forced positivity; something I can believe at least a little):

→ **Self-hypnosis suggestion** (short, present tense, my own words):
"_____"

How strongly do I believe the balanced belief? Today: _____ /100 In two weeks: _____ /100

My plan for the next two weeks: - Each evening, write one thing that fits the balanced belief. - Repeat my suggestion during a few minutes of self-hypnosis each day (guide: hypnoskill.com/self-hypnosis/).

Day	One thing that fit the balanced belief
1	_____

Day	One thing that fit the balanced belief
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____

This is a self-help exercise, not therapy. If the beliefs you uncover are tied to depression, trauma or thoughts of harming yourself, please talk to a qualified therapist. If you are thinking about harming yourself, call or text 988 (US Suicide & Crisis Lifeline) or your local emergency number now.