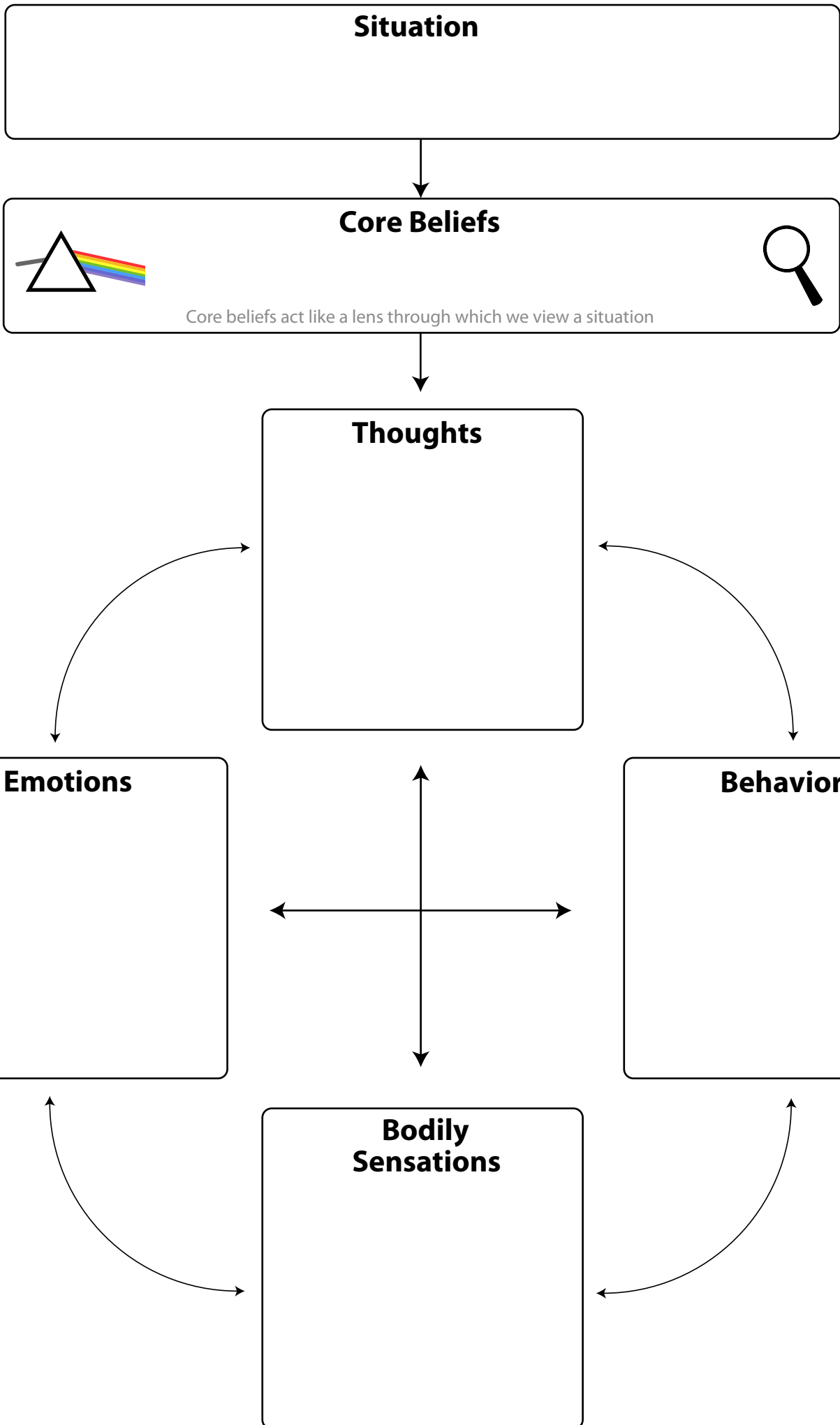
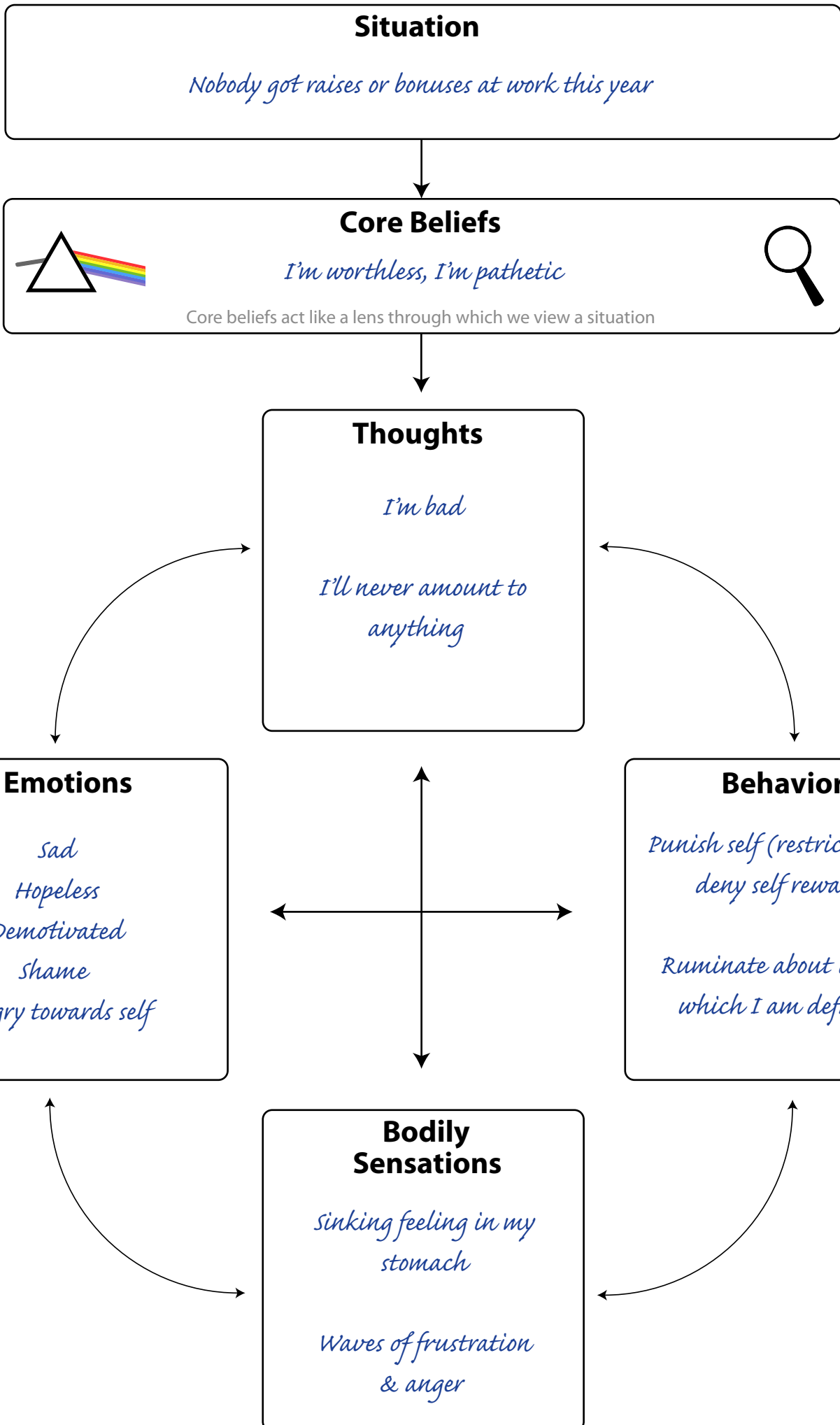


Belief Driven Formulation Worksheets



Belief Driven Formulation Worksheets



Belief Driven Formulation Worksheets

This example has deliberately used an example which can be interpreted in multiple ways

Situation
Nobody got raises or bonuses at work this year



Core Beliefs
I'm worthless, I'm pathetic

Core beliefs act like a lens through which we view a situation

Any potentially ambiguous information is interpreted in light of an individual's core beliefs

Thoughts
I'm bad
I'll never amount to anything

This individual's thoughts indicate they have personalized a situation which affects all staff at their workplace

We might hypothesize that they live by a dysfunctional assumption "I must always succeed or I am a failure"

Emotions
sad
Hopeless
Demotivated
Shame
Angry towards self

Behaviors
Punish self (restrict eating, deny self rewards)
Ruminate about ways in which I am deficient

Bodily Sensations
sinking feeling in my stomach
Waves of frustration & anger

Rumination may be purposeful in this instance if it is directed towards identifying deficits, but if it is conducted in a punitive tone it may be serving to maintain a sense of shame through self-attack

