Downward Arrow Worksheet

Follow one upsetting thought down to the belief underneath. Do not argue with it yet, just collect.

Name: _____ **Date:** _____

Start here

Situation (when, where, who): _____

Upsetting thought, in its exact words: _____

If that were true, what would it mean about me?

_____

And if that were true, what would that say about me?

_____

If that were true, what would it mean about me?

_____

And if that were true, what would that say about me?

_____

If that were true, what would it mean about me?

_____

My core belief may be:

_____

How much I believe it now: ____ / 100 **At the worst moment:** ____ / 100

Common core beliefs: does one sound like yours?

Helpless	Unlovable	Worthless
☐ I'm incompetent	☐ I'm unlovable	☐ I'm worthless
☐ I'm a failure	☐ I'm unlikable	☐ I'm bad
☐ I'm weak	☐ I'm unwanted	☐ I'm a burden
☐ I can't cope	☐ I don't fit in	☐ I don't deserve good things
☐ I'm not good enough	☐ I'll be left	☐ Something is wrong with me

Others: People can't be trusted. The world is dangerous. Nothing works out.

Original layout by Lotus & Tulip, based on standard CBT core belief methods. A practice tool, not a substitute for care.

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Core Belief Examiner

Old beliefs notice what fits and filter out what does not. Look at all of the evidence.

Name: _____ **Date:** _____

Old belief: _____ **Belief now:** ____ / 100

New, balanced belief: _____ **Belief now:** ____ / 100

Make the new belief believable, not a slogan: "I'm capable at many things and still learning others."

Evidence that seems to support the old belief

Then write another explanation for each item

1. _____
   Another explanation: _____
2. _____
   Another explanation: _____
3. _____
   Another explanation: _____
4. _____
   Another explanation: _____
5. _____
   Another explanation: _____

Evidence that does not fit the old belief

Small things count: what would a friend say?

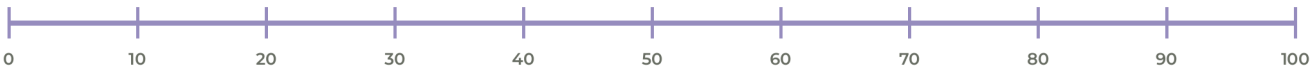
1. _____
2. _____
3. _____
4. _____
5. _____

Continuum: beliefs are all or nothing, people are not

0% means (be concrete): _____

100% means: _____

Mark an X for me, a C for a close friend in my situation, and an O for someone I admire.



Small experiment against the old belief

This week I will: _____

The old belief predicts: _____

What really happened: _____

What this says about the belief: _____

Next small step: _____

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Positive Data Log

Each day, write one small thing that fits the new belief. Unsure if it counts? Write it and rate how sure you are.

Name: _____ **Date:** _____

The new belief I am collecting evidence for: _____

Day	Date	What happened that fits the new belief	How sure
1			%
2			%
3			%
4			%
5			%
6			%
7			%
8			%
9			%
10			%
11			%
12			%
13			%
14			%

Weekly ratings: look for the trend, not a straight line

Week 1	Week 2	Week 3	Week 4
Old ____ / 100	Old ____ / 100	Old ____ / 100	Old ____ / 100
New ____ / 100	New ____ / 100	New ____ / 100	New ____ / 100

Go gently: core belief work can bring up painful memories, so it is best done with a clinician. If beliefs like "I'm worthless" or "I'm a burden" come with thoughts of not wanting to live, stop and reach out. In the US, call or text 988 any time, text HOME to 741741, or call 911 in an emergency.

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