

Finding Your Core Belief(s): The Downward Arrow Technique

Directions: Think of a scenario where your automatic reaction made you feel negative about yourself, others, or the world. Then, go through the following exercise until you find your 'core belief' - a generalized statement about yourself, others, or the world. This may take 2 turns. Maybe 5 or even 10.

Situation: _____

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What does this (feeling/acting/thinking this way) mean about you?

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What does this (feeling/acting/thinking this way) mean about you?

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What does this (feeling/acting/thinking this way) mean about you?

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What does this (feeling/acting/thinking this way) mean about you?

▼
What does this (feeling/acting/thinking this way) mean about you?

Always remember to BKTY (Be Kind To Yourself),

Nicole (nicomochi)

