

100 Days

Unhelpful Beliefs Exercise

It might be helpful to jot down a list of negative feelings you experience regularly as a starting point

Negative feelings ideas

What are your unhelpful beliefs? e.g. I am not good enough

Why do you believe these?

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Take a few minutes to look at your unhelpful beliefs and see if there is evidence for them - are they true?

What does the evidence show you?

How might these be reframed into something healthier? Try switching out 'not' or 'should' for 'want' or acknowledge the effort you are making e.g. I am doing my best and that is good enough.