

# **Persuasive Arguments Against Your Unhealthy Belief**

**My Dogmatic Demand is . . .**

**What it gets me is . . .**

**My Doing a Drama belief is . . .**

**What it gets me is . . .**

**My I Can't Cope belief is . . .**

**What it gets me is . . .**

**My Pejorative Put-Down belief is . . .**

**What it gets me is . . .**

# **Persuasive Arguments For Your Healthy Belief**

**My Flexible Preference belief is . . .**

**What it gets me is . . .**

**My Possessing Perspective belief is . . .**

**What it gets me is . . .**

**My I Can Cope belief is . . .**

**What it gets me is . . .**

**My Unconditional Acceptance is . . .**

**What it gets me is . . .**