

DISPUTING YOUR UNHEALTHY BELIEFS

My Dogmatic Demand is . . .

1. It is not true, here's why . . .

2. It does not make sense, here's why . . .

3. It does not help me, here's why . . .

My Doing a Drama belief is . . .

1. It is not true, here's why . . .

2. It does not make sense, here's why . . .

3. It does not help me, here's why . . .

My I Can't Cope belief is . . .

1. It is not true, here's why . . .

2. It does not make sense, here's why . . .

3. It does not help me, here's why . . .

My Pejorative Put-Down belief is . . .

1. It is not true, here's why . . .

2. It does not make sense, here's why . . .

3. It does not help me, here's why . . .

My Flexible Preference belief is . . .

1. It is true, here's why . . .

2. It does make sense, here's why . . .

3. It does help me, here's why . . .

My Possessing Perspective belief is . . .

1. It is true, here's why . . .

2. It does make sense, here's why . . .

3. It does help me, here's why . . .

My I Can Cope belief is . . .

1. It is true, here's why . . .

2. It does make sense, here's why . . .

3. It does help me, here's why . . .

My Unconditional Acceptance belief is . . .

1. It is true, here's why . . .

2. It does make sense, here's why . . .

3. It does help me, here's why . . .