

PERSUASIVE ARGUMENTS AGAINST YOUR UNHEALTHY BELIEF

My Dogmatic Demand belief 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 belief is . . .

What it gets me is . . .