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## Investigating Underlying Beliefs Worksheet

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Automatic thought linked to negative emotion (from Thought Record)

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Investigate the theme behind this thought by answering the following questions: What is the meaning of this thought? Why does this thought bother me? What would be so bad if this thought were true?

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Further investigate underlying beliefs by answering the following questions: What is the meaning of this thought? Why does this thought bother me? What would be so bad if this thought were true?

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What core belief might this reflect?

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