Investigating Underlying Beliefs Worksheet

Automatic thought linked to negative emotion (from Thought Record)

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?

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?

What core belief might this reflect?