

## BELIEF'S QUESTIONNAIRE

Sometimes what we think and believe about someone, events, or a situation lead to feelings that are uncomfortable and behaviors that are our attempts to feel better or rest uncomfortable thoughts. When the behaviors we use don't get us the results we want, or they cause us more problems than the one's we were trying to solve, it may be time to reexamine our original thinking and beliefs. Use the outline below as an aid to that process.

1. WHAT THINGS KEEP HAPPENING TO (OR FOR) ME THAT I WOULD LIKE TO AVOID IN THE FUTURE? (Example: I get arrested)
  
2. WHAT'S GOING ON THAT I THINK CAUSES THIS TO HAPPEN?
  
3. WHAT IS MY PART? WHAT IS MY BEHAVIOR THAT BRINGS ON THESE CONSEQUENCES? WHAT ARE THERE ANY THOUGHTS OR FEELINGS I HAVE THAT ARE RELATED TO THIS BEHAVIOR?
  
4. WHAT MUST I (or someone) BELIVE TO THINK, FEEL AND ACT THE WAY I DO THAT BRINGS ME CONSEQUENCES I CLEARLY DON'T WANT?

WHAT EVIDENCE DO I HAVE THAT MAKE THESE BELIEFS TRUE OR VALID?

WHAT NEED DO I HAVE THAT THEY SUPPORT?

5. CAN I CHANGE MY BELIEF AND STILL GET MY NEED(S) MET?

THIS IS MY NEW, CHANGED BELIEF-

THESE FEELINGS FOLLOW FROM THIS NEW BELIEF?

THESE BEHAVIORS FOLLOW FROM MY NEW BELIEF AND THE  
DIFFERENT FEELINGS?

6. WHEN I BEGIN TO FEEL AND ACT IN THE OLD WAYS THAT SPELL  
TROUBLE FOR ME, I WILL: