

Replacing Irrational Beliefs

Name: _____

Replace the faulty or irrational belief with a rational belief.

- I am not competent like others
↘
- I deserve bad things
↘
- I made so many mistakes
↘
- I am a failure
↘
- My best is not good enough
↘
- I have no available options
↘
- I can't trust myself
↘
- People shouldn't trust me
↘
- I am stuck
↘
- I should have done better
↘
- People won't like me if they know my emotions
↘
- People will only like me if I'm perfect
↘
- I blame myself
↘