

Name _____

Date _____

Questioning Core Beliefs

(originally outlined in The Anxiety and Phobia Workbook (Bourne, 1990))

Once we have identified the Negative Core Beliefs we have about stuttering, it is important for us to examine the evidence of how true these beliefs are by asking ourselves 4 Questions:

1. What is the actual evidence for this?
2. Is this ALWAYS true?
3. Am I looking at the whole picture?
4. Does this make me feel good and peaceful about myself?

So now it's your turn. In the spaces below, write down 3 of your Negative Core Beliefs and apply the 4 questions to each one.

Negative Core Belief #1: _____

1. What is the actual evidence for this? _____
2. Is this ALWAYS true? _____
3. Am I looking at the whole picture? _____
4. Does this make me feel good and peaceful about myself? _____

Based on the answers to your questions, is it time to give up this belief and replace it with a more accurate and positive belief? Circle: Yes No

Negative Core Belief #2: _____

1. What is the actual evidence for this? _____
2. Is this ALWAYS true? _____
3. Am I looking at the whole picture? _____
4. Does this make me feel good and peaceful about myself? _____

Based on the answers to your questions, is it time to give up this belief and replace it with a more accurate and positive belief? Circle: Yes No

Negative Core Belief #3: _____

1. What is the actual evidence for this? _____
2. Is this ALWAYS true? _____
3. Am I looking at the whole picture? _____
4. Does this make me feel good and peaceful about myself? _____

Based on the answers to your questions, is it time to give up this belief and replace it with a more accurate and positive belief? Circle: Yes No