

CBT Continuum Exercise

Use this exercise to test polarised beliefs or assumptions about yourself or another person. You can follow the explanatory notes and worked example on the next page to guide your approach:

Initial Belief:	Revised Belief:
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0% 50% 100%

Criteria

Criteria

Example CBT Continuum Exercise:

Instructions: 1. Identify the belief or assumption that you are testing. 2. Rate yourself by placing a mark on the continuum where 0% is worst possible and 100% best possible. 3. Define the criteria for worst possible - 0% and best possible - 100%. 4. Identify three people who would be excellent, good and acceptable against the criteria that you have defined. 5. Identify 3 people who would be inadequate, poor or unacceptable using the criteria that you have defined. 6. Review your relative position on the continuum. 7. Identify a revised belief that reflects this assessment.

