

Continuum Exercises

Continua can be used to identify and test negative beliefs or assumptions about yourself and other people. The CBT continuum provides a systematic process for challenging unhelpful or irrational beliefs and identifying an adaptive and realistic interpretation. The attached example illustrates how they continuum can be used to test and normalise negative self beliefs.

Exercise 14 – The CBT Continuum

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%

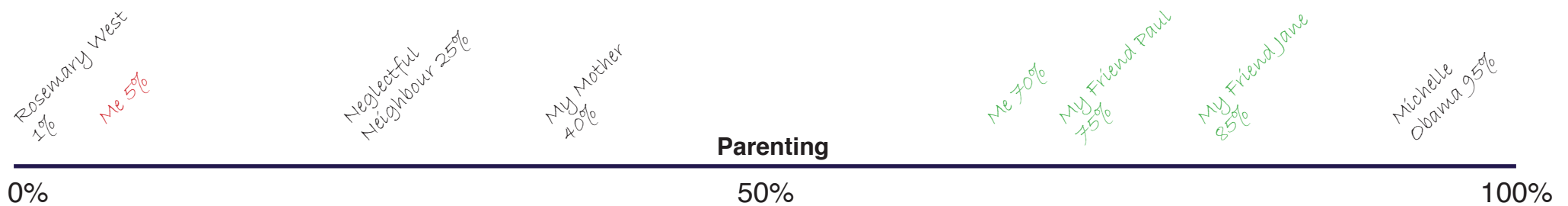
Criteria:	Criteria:

Example CBT Continuum Exercise

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 an alternative belief that reflects this assessment.

Initial Belief: I am not fit to be a parent.

Revised Belief: I am a caring parent who sometimes makes mistakes



Criteria:

Criteria:

Ignores the child's emotional and material needs	Prioritises the child's emotional and material needs
Neglectful, absent and detached.	Emotionally present and nurturing.
Cold, critical or aggressive.	Positive, constructive, encouraging and disciplined when necessary.
Criticises, insults or attacks the child.	Listens, supports and encourages learning.
Rejects, abandons or places child at risk of harm.	Protects, supports and safeguards the child's needs.
Physically, sexually or emotionally abusive.	Models healthy, bonded and respectful behaviours.