

IDENTIFYING + CHALLENGING NEGATIVE BELIEFS

This exercise helps you name and challenge negative self-beliefs.

1) Write a sentence about a negative belief that could be holding back your recovery:

2) List any facts (not feelings!) that support your belief.

3) List any facts (again, not feelings) that disprove your belief.

4) Rewrite the sentence using positive and supportive language. It should be based on the lists you made in #2 and #3.



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