

# Rewrite Negative Belief

## Step 1: Identify the Negative Belief

Write down a negative belief about yourself that has been buzzing in your mind recently. Be clear and specific.

---

## Step 2: Describe Why You Believe It

In a few sentences, describe why you believe this negative belief to be true. What experiences or thoughts have led you to adopt this belief?

### Step 3: Analyze What You Wrote

Reread what you wrote above (both belief and description) and analyze it with these guidelines.

#### Check for Exaggerated or Absolutist Language

Look for any exaggerated, absolutist, or [black and white thinking](#). (“All,” “None,” “Always,” “Never,” etc.)? These types of words and phrases can create a more extreme version of the belief in your mind, making it harder to challenge.

Example: I’ve *never* passed a math test.

#### Check for Intensifiers

Look for intensifiers in your writing. These are words that amplify the negativity of the belief, making it seem more powerful and difficult to overcome (“Very,” “Really,” “Totally,” “Completely,” “Extremely,” “Highly,” etc.)

Example: I’m *extremely* bad at math.

#### Consider Qualifier Words

Unlike intensifier words, qualifier words can help [downplay the negativity](#) of your statements (“Sometimes,” “Maybe,” “Possibly,” “A Bit,” etc.). These are words that introduce the *possibility* of alternative outcomes, allowing you to see the belief in a more realistic and less negative light.

Example: I’m *a bit* bad at math *sometimes*.

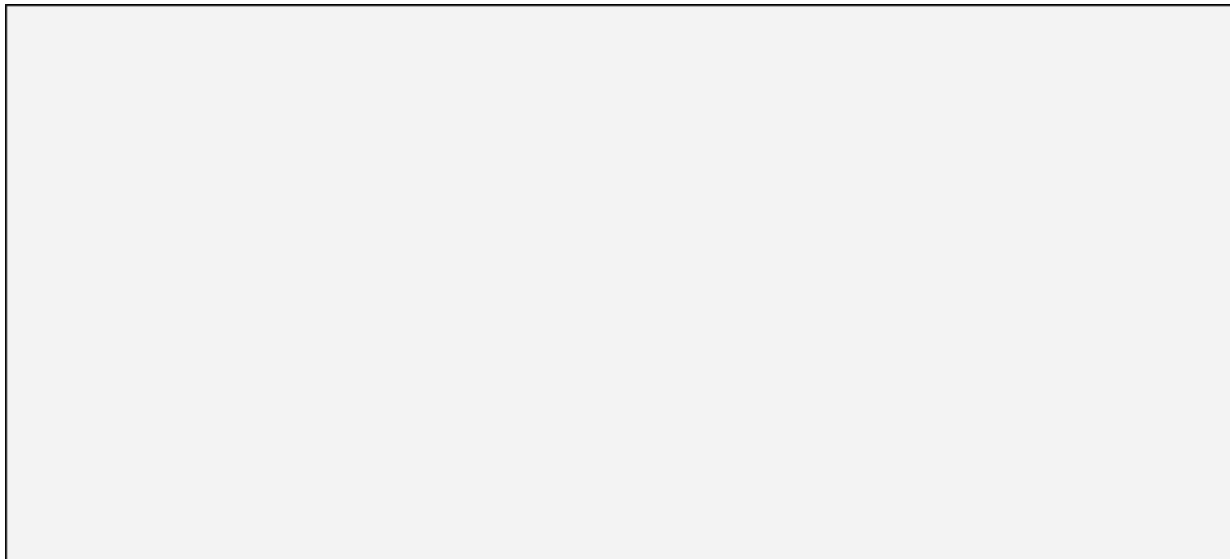
#### **Step 4: Rewrite the Belief**

Using the insights from previous steps, reframe the negative belief into a more positive or neutral statement. Accept the facts of your current situation, but keep an optimistic and hopeful perspective for the future.

---

#### **Step 5: How Would This Belief Change You**

Elaborate more on your new belief and how it would change you. If you adopted this new belief, how would it change your actions, speech, and feelings in the future? How would it benefit you?

A large, empty rectangular box with a thin black border, intended for the user to write their response to Step 5. The box is currently blank.

