

Core Beliefs CBT Formulation

Situation:	Thought:	Emotion:
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What is the underpinning theme behind this thought?



Possible Core Belief	Coping Strategies
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Significant Event:

Core Belief Established:	Coping Strategy for Event:
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Annotated Formulation

<p>Situation: Spent an hour writing a draft, but it was never good enough. Threw it away.</p>	<p>Thought: "I'm never going to be published."</p>	<p>Emotion: Hopelessness, despair, rejection</p>
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What is the underpinning theme behind this thought?
"My writing is not good enough for other people."



<p>Possible Core Belief I'm a bad writer.</p>	<p>Coping Strategies</p> <ul style="list-style-type: none"> ▪ Attend and graduate from evening writing classes ▪ Share my work with more publications
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Significant Event:
Submitted an article to the New York Times and was rejected.

<p>Core Belief Established: I'm a bad writer, so nobody will ever want to read my work.</p>	<p>Coping Strategy for Event: Threw away work, took a year-long hiatus from writing.</p>
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