

CORE BELIEFS DARTBOARD EXERCISE



TODAY IS

/ /



I FEEL

1

2

3

4

5

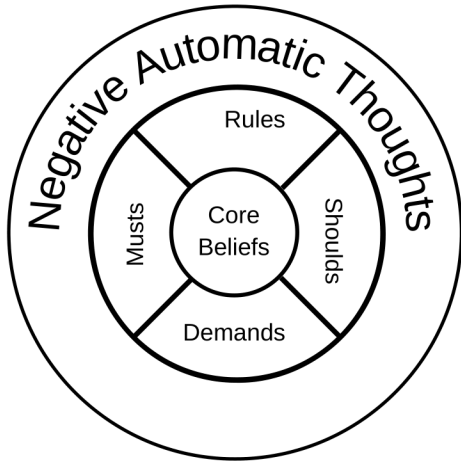
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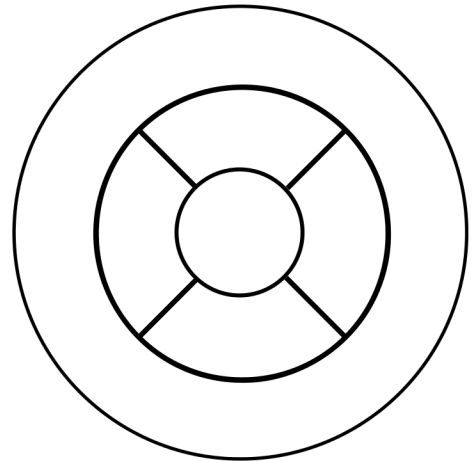
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CORE BELIEF DART BOARD



EXAMPLE EXPERIENCE



YOUR DART BOARD

NEGATIVE AUTOMATIC THOUGHT

WHEN DID I FEEL LESS THAN?

MUSTS

WHAT "MUST" I DO

DEMANDS

WHAT AM I AVOIDING OR WORKING TOWARD?

SHOULD

WHAT "SHOULD" I HAVE DONE?

RULES

WHAT RULE WAS BROKEN?

CORE BELIEF

WHAT IS THE UNDERLYING BELIEF?
