

Tool 5.1: Dispute unhelpful beliefs

Date:

Refer to the table of common unhelpful beliefs (page 52) or write down your own. Then, question the belief and provide a more reasonable alternative.

My unhelpful belief	Question	Helpful belief
Ex: I can't deal with this without using.	Can I deal with it?	It might be hard, but I can. It's going to get easier.