**Cognitive Rewiring Worksheet: Shifting Unhelpful Beliefs**

**Purpose:**
The purpose of this worksheet is to guide you in identifying and challenging deeply ingrained negative or unhelpful core beliefs that might be limiting your emotional well-being and mental strength. These beliefs often develop early in life and can be reinforced over time by past experiences, societal influences, or negative self-talk. They may manifest as automatic thoughts or reactions, especially during moments of stress, self-doubt, or difficulty. Examples of these core beliefs include thoughts like “I’m not good enough,” “I will always fail,” or “I don’t deserve happiness.”

Such beliefs can often feel deeply rooted, and it can seem like they define who we are. However, these beliefs are not always reflective of the reality of who you are or what you are capable of. By identifying, analyzing, and challenging these beliefs, you can begin to see that they are often exaggerated or distorted versions of reality that are no longer serving you. This process is part of cognitive restructuring, which is an evidence-based practice that helps reframe unhelpful thinking patterns and replace them with healthier, more empowering beliefs.

The ultimate goal of this worksheet is to help you **retrain** your thinking patterns and create a more balanced, compassionate internal narrative that supports emotional regulation, resilience, and personal growth. The more aware you become of these beliefs, the more equipped you will be to shift them. Over time, this cognitive rewiring can strengthen the foundation of your emotional well-being and help you approach life's challenges with greater self-confidence, optimism, and emotional stability.

Through consistent practice of this exercise, you can gradually undo the self-limiting thoughts that may have governed your actions and emotions in the past, and instead cultivate a mindset that fosters growth, empowerment, and self-acceptance.

**Step 1: Identify Negative Core Beliefs**

Take a moment to reflect on any beliefs you hold about yourself that might be unhelpful, self-limiting, or negative. These beliefs often show up as automatic thoughts or reactions in moments of stress or self-doubt.

**Examples:**

* "I'm not good enough."
* "I always fail."
* "I'm unworthy of love."
* "I can't handle challenges."

**Write down any core beliefs you notice:**

**Step 2: Analyze the Evidence**

For each core belief you've identified, ask yourself: *What evidence do I have that supports this belief?* Often, these beliefs are based on past experiences that may no longer be true, or they are exaggerated responses to current situations.

**Example:**
For the belief "I'm not good enough," you might ask yourself: *What proof do I have that I am good enough?*

**Write down the evidence supporting the belief and evidence that contradicts it:**

**Belief 1:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Evidence supporting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Evidence contradicting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Belief 2:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Evidence supporting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Evidence contradicting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 3: Challenge the Belief**

Now, let's challenge these beliefs. Consider these questions:

* Is this belief entirely true?
* How might I be exaggerating or misinterpreting the situation?
* How might someone else perceive this belief?
* What would I say to a friend who held this belief about themselves?

**Write your responses to these questions below:**

1. What would someone else say to challenge this belief? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How can I reframe this belief in a more balanced, kind way? \_\_\_\_\_\_\_\_\_\_\_\_
3. What is the most positive and realistic way to view this situation? \_\_\_\_\_\_\_\_

**Step 4: Create a New, Empowering Belief**

Based on the evidence and the new perspective you've gained, create a healthier, empowering belief to replace the old one. This should be something you can truly believe, even if it feels a bit challenging at first.

**Example:**
Old belief: "I’m not good enough."
New belief: "I am worthy of love and success, and I am always growing."

**Write down your new empowering beliefs:**

**Step 5: Practice Daily Rewiring**

Now that you have created new beliefs, it’s time to start practicing them. Choose a daily affirmation or statement that reflects your new belief. Commit to saying it aloud to yourself in the mirror each day, especially when you notice old beliefs resurfacing.

**Example Affirmation:**
"I am enough, just as I am, and I grow stronger each day."

**Write your daily affirmation here:**

"I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_."

**Step 6: Reflect and Track Your Progress**

At the end of the week, take a moment to reflect on how the new beliefs have impacted your thoughts, behaviors, and emotions. Do you feel more empowered? Less self-critical? More open to opportunities?

**Reflection questions:**

* How did these new beliefs impact your emotional state this week?
* What positive changes have you noticed in how you respond to challenges?
* What is one area where you can continue practicing these new beliefs?

**Final Thoughts:**

Remember, rewiring your thoughts is a process. It takes time, practice, and patience. The more you challenge and replace negative beliefs with positive, realistic ones, the stronger your mental foundation will become. Keep practicing these new thoughts until they feel natural, and notice how they transform your emotional responses and actions.