

Continuums

(first two sheets based upon Greenberger and Padesky 1995)

Core Belief Scale

Existing Core Belief:	
How much I believe this is true (now):	%
New Core Belief:	
How much I believe this is true (now):	%

When choosing a new core belief, choose something that is realistic, rather than the opposite of the new belief, e.g. "I'm an OK person"

Where are you on that scale now? Put a mark on the new core belief scale.

0% **25%** **50%** **75%** **100%**

Example:

Existing Core Belief:	<i>I'm worthless</i>
How much I believe this is true (now):	<i>100 %</i>
New Core Belief:	<i>I'm an OK person</i>
How much I believe this is true (now):	<i>30 %</i>

0% **25%** **50%** **75%** **100%**

I'm worthless *Today's date* *I'm an OK person*

The aim is to increase the belief in this new core belief (and reduce belief in old core belief). This can be achieved by finding evidence in favour of the new core belief or evidence that the old core belief is not 100% true, using thought record sheets (normally over longer periods of time), logsheets and diaries, looking for and listing historical as well as current evidence (for and against), and surveying others (if appropriate).

During therapy, you can keep track of the new core belief rating over time. Use the next sheet, or write out your own.

New Core Belief Ratings

Date:

0% 25% 50% 75% 100%

'Totally' Scale

As part of challenging the old core belief, it can be useful to use a completely different continuum, and write down the attributes that describe people at different points on the scale. You can choose to use it with or without a numeric scale.

Totally...

Totally..

The aim is to challenge the client's 100% belief rating in the existing (old) core belief. Using the same example of "I'm worthless", this time, we'll put "totally worthless" at one end of the scale, and "totally worthwhile" at the other.

Existing Core Belief:	<i>I'm worthless</i>
How much I believe this is true (now):	<i>100 %</i>

- Put "totally worthless" at one end of the scale below
- Put the opposite term, perhaps "totally worthwhile" at the other end of the scale
- At the appropriate end of the scale, write a list of attributes below each:
 - What does "totally worthless" mean? What does that look like? Can you think of any examples of anyone who is "totally worthless"? What would a "totally worthless" person be doing? How would other people describe someone who is "totally worthless"?
 - What does "totally worthwhile" mean? What does that look like? Can you think of any examples of anyone who is "totally worthwhile"? What would a "totally worthwhile" person be doing? How would they think? How would other people describe someone who is "totally worthwhile"?
 - (It might be useful to observe that how they think wouldn't affect their position on the scale of worthwhileness. Everyone has 'bad' thoughts – it's the actions that count)

Totally worthless

Criminal behaviour
Disrespectful
Selfish
Lazy
Ruthless
Cold (emotionless)
Perceived as 'bad' by others
Taking
Hitler

Totally worthwhile

Good deeds
Respectful
Helps others
Works hard
Kind
Warm
Perceived as 'good' by others
Giving
Mother Theresa

Then ask:

- Where would other people say you are now? Mark that point on the scale.
- What range do most people fall into? (perhaps draw oval on the line to show range)
- Bearing all that in mind, realistically, where can we put you on that scale now?
- How does this affect your core belief ratings?