



Canadian
Centre for
CBT

Continuum

My Positive Core Belief: _____
(I am... / Other people are... / The world is...)

Belief Rating (0 – 100%): _____

0 %

50%

100 %

Description:

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Think of characteristics that would describe someone who embodies someone who is 0 % [insert core belief] and someone who is 100% [insert core belief]. Once you have these descriptions in place rate people in your life on where they fall on this continuum. Put a line on the continuum and write their name with the percentage they embody the core belief. Try to fill in examples at all points on the continuum. If you have trouble thinking of people to put on the continuum you can also think of famous people, fictional characters, or historical figures. Once you have examples at multiple points on the continuum place yourself on the continuum. How does where you placed yourself compare to your original belief rating?