

REBT: Belief Check-in

This worksheet helps increase awareness of common belief patterns and supports reflection on how changes in thinking may influence emotions and behavior.

Step One: Belief Check in

Review the statements below and check any that sound like your recent experiences:

- I felt pressure that things must go a certain way
- I believed I couldn't tolerate discomfort or frustration
- I judged myself harshly for not meeting expectations
- I assumed a negative outcome was unavoidable
- I tied my self-worth to performance or approval
- I believed one setback defined the entire situation

Step Two: Reflect + write

Use this space to reflect on what you noticed after completing the check-in.

