

Tool 6.2: Practice disputing common unhelpful beliefs

Date:

Choose a few unhelpful beliefs from pages 52-54. Use evidence-based, logical, or practical questions (page 56) to dispute them. Or take your own freeform approach. What new effective belief might you substitute?

Example belief: As a parent, I am 100% responsible for how my children turn out.

Example disputation: What evidence do I have that this is true? None—when I look at my friends and their kids, sometimes I see their influence. But mostly their children are their own people. I can now believe that parents play a role in who their children are without believing it is 100%. Maybe it's more like 40%.

Belief:

Disputation:

Belief:

Disputation:

Belief:

Disputation: