

Vertical Arrow

The feelings we have about an event can be driven by thoughts and beliefs at different levels of meaning. Sometimes our feelings can be affected by beliefs we were not even aware of holding. Similarly, the beliefs we have about ourselves can have multiple layers of meaning, with consequences to how we feel.

This is a technique for finding out more about your underlying assumptions and beliefs. Start with a thought, such as a negative automatic thought or a worry, then ask yourself a series of questions to explore your thoughts around it. Keep going until you reach a belief that does not seem to change any further.

Questions you can ask at each step can include:

What if it were true?

If that were true, what would it mean?

Say your thought is true, why should it bother you?

What would be so bad about that?

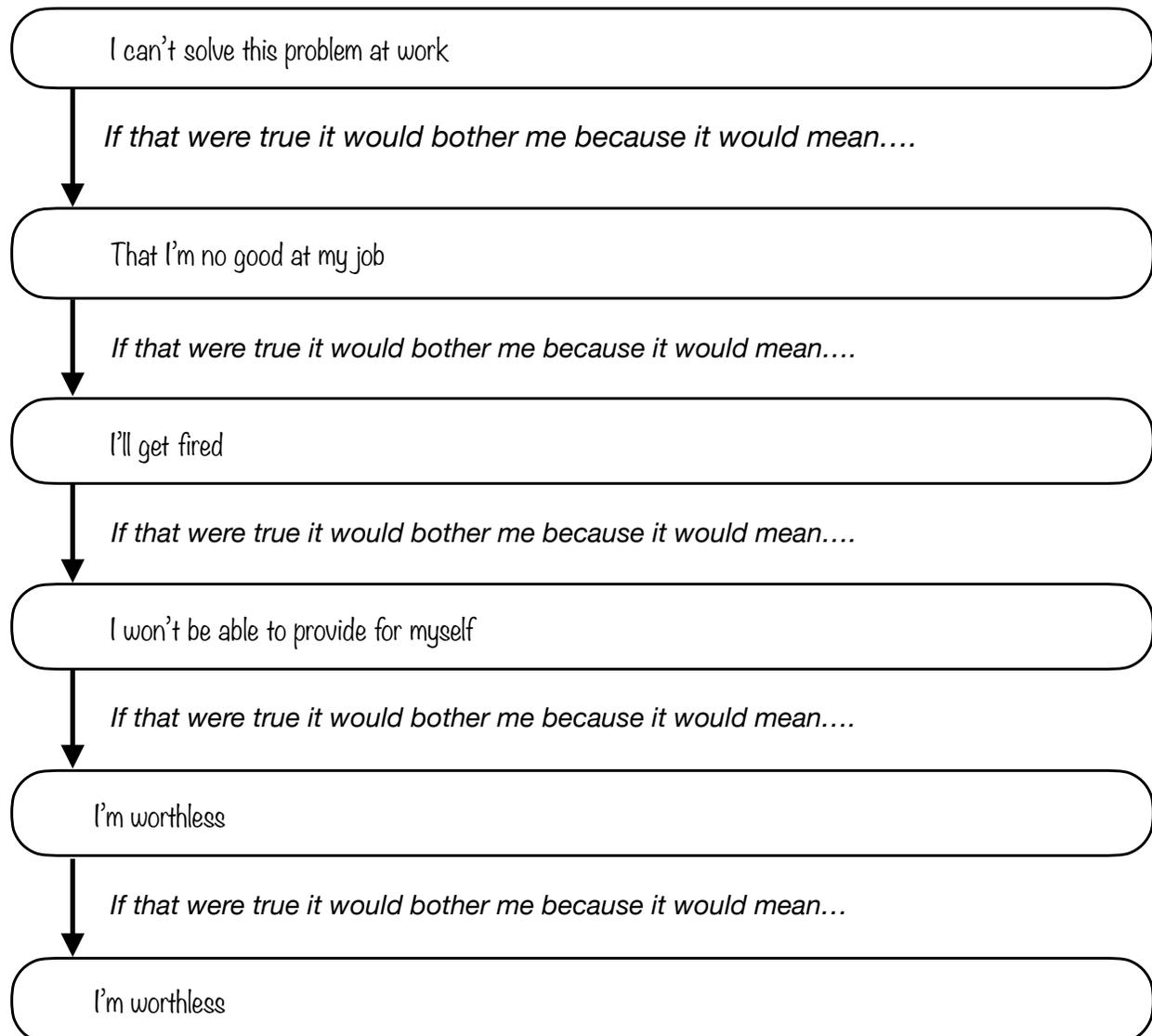
What would be the worst thing about that?

What would be the worst thing that could happen?

If that were true, what would it say about you?

What would it say about your future?

If that thought were true it would bother me because it would mean....



You may use this blank vertical arrow to process from your negative thought to your core belief starting with an event or problem you are facing.

