

CBT Continuum Exercise

Use this exercise to test polarised beliefs or assumptions about yourself or another person. You can follow the explanatory notes and worked example on the next page to guide your approach:

Initi	ial Belief:		Revised Belief:	
0%		509	%	100%
Crite	eria			Criteria



Example CBT Continuum Exercise:

Instructions: 1. Identify the belief or assumption that you are testing. 2. Rate yourself by placing a mark on the continuum where 0% is worst possible and 100% best possible. 3. Define the criteria for worst possible - 0% and best possible - 100%. 4. Identify three people who would be excellent, good and acceptable against the criteria that you have defined. 5. Identify 3 people who would be inadequate, poor or unacceptable using the criteria that you have defined. 6. Review your relative position on the continuum. 7. Identify a revised belief that reflects this assessment.

Initial Belief: Revised Belief:

	1 am not fit to be a parent.			I am a caring parent who sometimes makes mistakes		
Roserial Mest	Neglectril 15%	any pools	Parenting	are Toolo myriend Paul	enyfierdlate	anichelle Obahra
0% Criteria			50%			100% Criteria

Ignores the child's emotional and material needs	Príoritíses the child's emotional and material needs		
Neglectful, absent and detached.	Emotionally present and nurturing.		
Cold, crítical or aggressíve.	Posítíve, constructíve, encouraging and disciplined when necessary.		
Crítícíses, insults or attacks the child.	Lístens, supports and encourages learning.		
Rejects, abandons or places child at risk of harm.	Protects, supports and safeguards the child's needs.		
Physically, sexually or emotionally abusive.	Models healthy, bonded and respectful behaviours.		