

Anxiety to Calm Program

Alternate Teaching Method for Week 5 Challenge Myself Core Beliefs

1. Divide Participants into Groups.
2. Give each person the core belief definitions sheet (as it is not in their workbook).
3. Then give each group one page to write out their group answers (each page has different core belief (this way they can use the page in book for their own example to work on later in this day). Perfectionism but all have the same situation- one negative statement on performance/work evaluation.
4. Have the groups identify how the person with the core belief way of thinking would respond in thoughts, feelings, & behavior. You can also reassure them to give their best idea that each has a range of possible responses, not one correct answer. If you do not have time or have less than 4 groups the missing ones can be done at the next step by the group or you can fill in examples.
5. Debrief the group responses for each type. It can be helpful to put a chart on the board with the following headings:
Core Belief, Thought, Feeling, Behavior -then write the answers as the group gives the work they just completed as a group.

If you want to add what thinking trap goes with the core belief label you can:
For example:

1. Perfectionism – often All or Nothing/black or white thinking
2. Approval- mental filtering, mind reading “should”
3. Vulnerability-emotional reasoning
4. Control – other blame
5. Dependency- catastrophizing

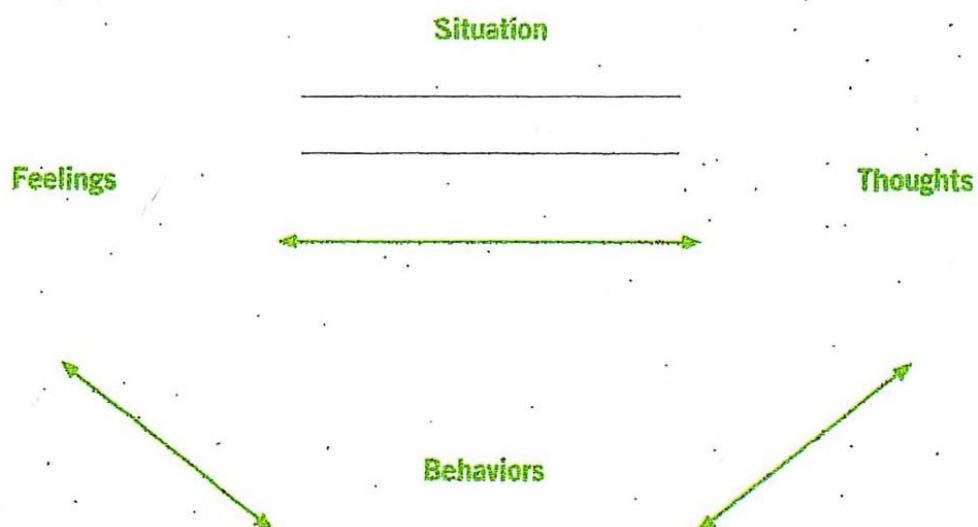
1. **Perfectionism:** believe they must do everything right or they will have failed, and the consequences will be devastating. They ruminate over minor details.
 2. **Approval:** believe they must win the approval of others at any cost to themselves. They dislike criticism.
 3. **Vulnerability:** believe they are at the mercy of life's forces. They worry all the time about disasters.
 4. **Control:** believe they can't trust or rely on anyone but themselves. They always want to be in charge.
 5. **Dependency:** believe they can't survive on their own and turn to others for help.
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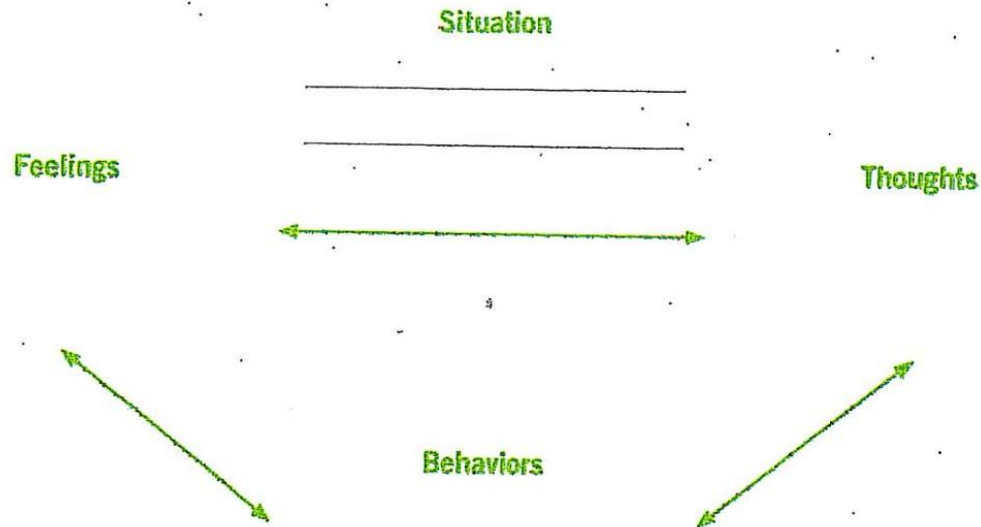
ALBERTA ANXIETY TO CALM™ Week 5

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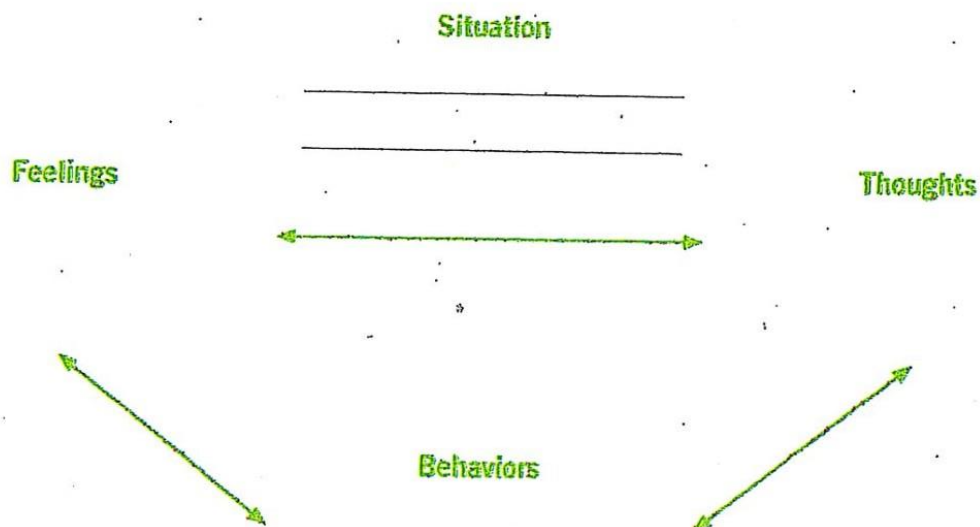
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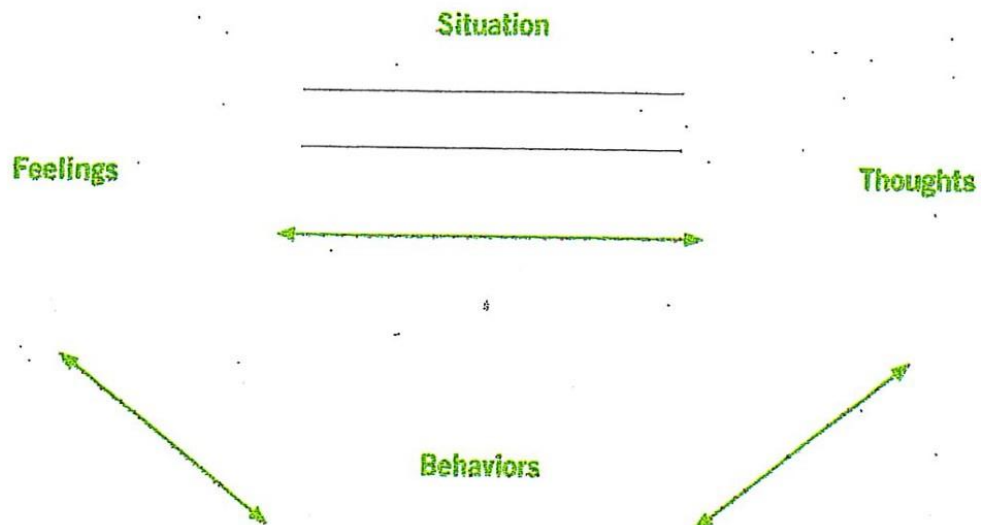
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