

**DOWNWARD ARROW TECHNIQUE - USE WITH MOOD LOG'S  
ANT ABOUT SELF. THEN USE WITH 23 SELF-DEFEATING BELIEFS –  
Identifying Core Beliefs about SELF**

Automatic Thought – Use ANT (Automatic Negative Thought) from a thought about “SELF” in the Mood Log
If this were true why would it be so upsetting to me? What would it mean? What would it say about me?
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**BELIEFS/ATTITUDES THAT MAKE YOU VULNERABLE TO DEPRESSION/ANXIETY**

Achievement	Depression
<ol style="list-style-type: none"> <li>1. <b>Perfectionism.</b> I must never fail or make a mistake.</li> <li>2. <b>Perceived Perfectionism:</b> People will not love and accept me as a flawed and vulnerable human being.</li> <li>3. <b>Achievement Addiction.</b> My worth as a human being depends on my achievements, intelligence, talent, status, income, or looks.</li> </ol>	<ol style="list-style-type: none"> <li>13. <b>Hopelessness.</b> My problems could never be solved. I could never feel truly happy or fulfilled.</li> <li>14. <b>Worthlessness/inferiority.</b> I'm basically worthless, defective, and inferior to others.</li> </ol>
Love	Anxiety
<ol style="list-style-type: none"> <li>4. <b>Approval Addiction.</b> I need everyone's approval to be worthwhile.</li> <li>5. <b>Love Addiction.</b> I can't feel happy and fulfilled without being loved. If I'm not loved, then life is not worth living.</li> <li>6. <b>Fear of Rejection.</b> If you reject me, it proves that there's something wrong with me. If I'm alone, I'm bound to feel miserable and worthless.</li> </ol>	<ol style="list-style-type: none"> <li>15. <b>Emotional Perfectionism.</b> I should always feel happy, confident, and in control.</li> <li>16. <b>Anger Phobia.</b> Anger is dangerous and should be avoided at all costs.</li> <li>17. <b>Emotophobia.</b> I should never feel sad, anxious, inadequate, jealous or vulnerable.</li> <li>18. <b>Perceived Narcissism.</b> The people I care about are demanding, manipulative, and powerful.</li> </ol>
Submissiveness	<ol style="list-style-type: none"> <li>19. <b>Brushfire Fallacy.</b> People are clones who all think alike. If one person looks down on me, the word will spread like brushfire and soon everyone will look down on me.</li> <li>20. <b>Spotlight Fallacy.</b> Talking to people feels like having to perform under a bright spotlight on a stage. If I don't impress people by being sophisticated, witty, or interesting, they won't like me</li> <li>21. <b>Magical Thinking.</b> If I worry enough, everything will turn out okay.</li> <li>21. <b>Low Frustration Tolerance.</b> I should never be frustrated. Life should be easy.</li> <li>23. <b>Superman/Superwoman.</b> I should always be strong and never be weak.</li> </ol>
<ol style="list-style-type: none"> <li>7. <b>Pleasing Others.</b> I should always try to please others, even if I make myself miserable in the process.</li> <li>8. <b>Conflict Phobia.</b> People who love each other should never fight or argue.</li> <li>9. <b>Self-Blame.</b> The problems in my relationships are bound to be my fault.</li> </ol>	
Demandingness	
<ol style="list-style-type: none"> <li>10. <b>Other-Blame.</b> The problems in our relationship are all your fault.</li> <li>11. <b>Entitlement.</b> You should always treat me in the way I expect.</li> <li>12. <b>Truth.</b> I'm right and you're wrong</li> </ol>	