Overview

Automatic Thoughts and Behaviours

Automatic thoughts and behaviours are influenced by our *Rules for Living* and *Core Beliefs*: For example, noticing the mistakes we make and not the things we get right. Over working and trying to get things perfect; driven to succeed and so-on. Our Core Beliefs will also skew what we attend to (our mistakes) and what we ignore and discount (our achievements)

Intermediate-level beliefs: Our 'Underlying Assumptions and 'Rules for Living'

Unhelpful Rules for Living are like 'escape clauses', ways to get round the Bottom Line (which we assume to be true). For example, at heart, you might believe yourself to be incompetent. But *so long* as you work very hard all the time and set yourself high standards, you can override your incompetence and feel OK about yourself

Core Beliefs (The Bottom Line)

Core Beliefs are conclusions about oneself based on experience (usually early experience) and they are resistant to change

"I'm unlovable "or" I am an incompetent screw up"