

# **Underlying core Beliefs, Assumptions and Negative Automatic Thoughts (NATs)**

## **Negative Automatic Thoughts (NATs)**

- I'll look foolish
- They think I'm . . . stupid . . . no good . . . boring
- I'll lose control of myself, and my anxiety will show
- Everyone is looking at me
- I don't belong
- They can see how nervous I am
- I can't concentrate, or think straight
- Everything I say is nonsense
- This is terrible: a complete disaster
- They don't like me
- I'm always doing things wrong

## **Underlying Assumptions and Rules for Living**

- I must be amusing and interesting or people won't like me
- If I am alone I am bound to be unhappy
- You've got to do things right if you're going to be acceptable
- If others want to know me they'll let me know
- If the conversation doesn't go well it is my fault
- People will take advantage of me if I show signs of weakness

## **Underlying Core Beliefs**

- I'm . . . odd . . . weird . . . different . . . boring . . . stupid . . . unattractive
- I'm inferior . . . inadequate . . . unacceptable . . . unlikeable
- I can't change . . . I'm stuck . . . there's no hope for me
- Nobody I like would like me
- Others don't like people who are . . . nervous . . . anxious . . . quiet . . . shy
- People are always judging me . . . criticising . . . looking out for things I do wrong
- There is a right way of doing things
- It is wrong to break social rules and conventions