



Downward Arrow

Name: _____

Date: _____

Instructions: Start with one automatic thought from a recent difficult moment. For each thought, ask yourself: "If that's true, what would it mean?" Write your answer, then repeat the question on the new thought. Keep going until you reach a belief that feels deeper or harder to question — that is usually your core belief.

Starting Thought
↓ If that's true, what would it mean?
↓ If that's true, what would it mean?



↓ If that's true, what would it mean?

Core Belief

Follow-Up

How much do you believe this core belief right now? (0–100%)

When do you first remember feeling this way about yourself?

What's one piece of evidence from recent life that doesn't fit this belief?