

Worksheet

Professional Version | US English

Modifying Rules And Assumptions



Description

In cognitive behavioral therapy (CBT) assumptions are an intermediate stage of cognition between core beliefs (deepest level) and automatic thoughts (shallowest level). Assumptions sometimes, but not always, take the form of an "If ... then ..." statement. Assumptions are often considered dysfunctional if they are inflexible, rigid, or lead to counterproductive behaviors. *Modifying Rules And Assumptions* is a worksheet which can be used to explore the origins, advantages, and disadvantages of a rule or assumption. It can be used to encourage a client to make adjustments and to generate a more flexible alternative rule which can then be tested.

Instructions

The *Modifying Rules And Assumptions* worksheet can be used to explore the origins, advantages, and disadvantages of a rule or assumption. It can be used to encourage a client to make adjustments and to generate a more flexible alternative rule which can then be tested.

References

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford Press

Modifying Rules And Assumptions

What is the rule (or assumption) I live by that I would like to modify?

How does this rule (or assumption) affect me in my day to day life?

What are the origins of this rule (or assumption)?

Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?

What are the advantages of this rule (or assumption)?

What are the disadvantages of this rule (or assumption)?

Is there an alternative to my rule (or assumption) that would be more flexible?

This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?

Modifying Rules And Assumptions

What is the rule (or assumption) I live by that I would like to modify?

If I'm not the best or I'm a failure (assumption).

How does this rule (or assumption) affect me in my day to day life?

It means I try really hard at whatever I do. I set myself incredibly high standards which are tough to live up to. I'm always worried up slipping up and making mistakes.

What are the origins of this rule (or assumption)?

Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?

my parents were very driven. Dad's motto was "Second is just a fancy word for losing". As a child I got lots of praise for succeeding.

What are the advantages of this rule (or assumption)?

It means that I try hard and I have achieved a lot in my life.

As a child I got my parents' approval.

It keeps me motivated.

What are the disadvantages of this rule (or assumption)?

I'm exhausted!

I'm always checking to make sure I'm not making mistakes.

I can never let myself relax - I don't think it makes me a nice person.

Is there an alternative to my rule (or assumption) that would be more flexible?

This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?

Doing a good job is good enough in this life. Not being the best doesn't make me a failure. Real life isn't a competition - there's no medal for being the best.

It's more important for me to have a balance in life and try to enjoy it than to beat myself about achieving all the time.

Modifying Rules And Assumptions

What is the rule (or assumption) I live by that I would like to modify?

I must never ask for help (rule) or people will laugh at me (assumption).

How does this rule (or assumption) affect me in my day to day life?

I never ask for help. I have to be self sufficient at finding answers but I often feel frustrated that I can't do things, and beat myself up for being stupid.

What are the origins of this rule (or assumption)?

Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?

One teacher in primary made me feel really stupid when I couldn't understand problems in his class. I remember being embarrassed in front of the whole class.

What are the advantages of this rule (or assumption)?

I don't run the risk of being laughed at for not knowing an answer.

What are the disadvantages of this rule (or assumption)?

I have to put in a lot of work to make sure I'm doing alright.

It puts a lot of pressure on me to do things for myself.

I got fired from a job for making too many mistakes - could I have avoided this?

Is there an alternative to my rule (or assumption) that would be more flexible?

This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?

It's ok to ask for help sometimes - learning from others is one of the best ways to learn. Being laughed at isn't the worst thing in the world - in some situations (with my close friends) we all laugh at each other and don't think any less of each other.

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