



Toolkit 1 - Learning Unit 11 Pre intervention

Activity 2b - Write down your core beliefs and modify it!



Work-sheet

CORE BELIEF:		
Acceptation (Information that support this core belief)	Rejection (Information that is in contradiction with this core beliefs)	Modification (Modified core belief that could be helpful and integrated)
<i>Example: I do not know what to do in a situation of crisis.</i>		
<i>I have never been in such situation, I do not have any experience.</i> <i>I get easily overwhelmed in stressful situation.</i> <i>I am anxious</i>	<i>I have support to guide me through it.</i> <i>I survived all stressful situations before.</i> <i>This situation is different and I am different.</i>	<i>I might not know what to do, but I will find a way how to cope. I have social support, I can ask for more support.</i> <i>I will learn how to go through it.</i>
CORE BELIEF:		
+	-	New:
CORE BELIEF:		





**Psychological
Early
Intervention**

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+	-	New:
CORE BELIEF:		
+	-	New:



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