



Eddins Counseling Group

ADULT, CHILD, COUPLE & FAMILY COUNSELING

Downward Arrow Question & Answer Technique to Identify Core Beliefs

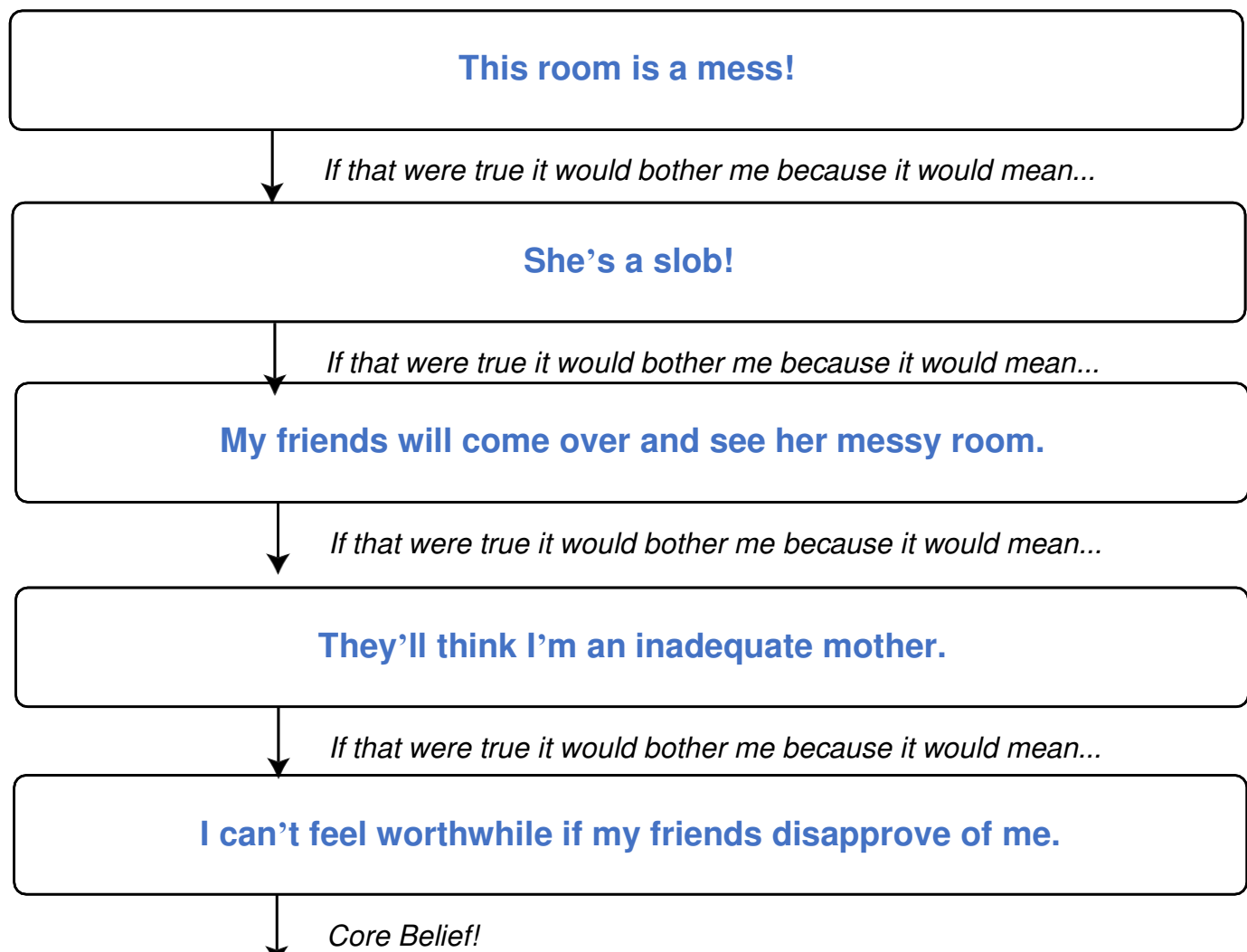
Instructions: This technique helps you identify “why” you feel the way you do or core beliefs you have that are contributing to anxiety or depression.

Start with a specific moment that you felt upset. Identify one negative thought you have and start with this one. You can use this technique for an individual concern or a relationship concern. Just follow the appropriate set of questions below and see where it leads you. See the example below.

Individual Downward Arrow. You ask, "If this were true, why would it be upsetting to you? What would it mean to you?"

Interpersonal Downward Arrow. You ask, "If this were true, what would it tell you about your relationship with this person? What role are you playing, and what role is the other person playing?"

What-If Technique. You ask, "What if this were true? What are you the most afraid of? What's the worst thing that could happen?"



Use this worksheet to write out your own automatic thoughts:

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If that were true it would bother me because it would mean...

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