

Root Beliefs

1. **Situation:** What is something you have been putting off? This may be a chore, an assignment, talking to someone about something, or physical exercise or another type of self-care.

2. **Task-Avoidant Thoughts:** Now ask yourself, *Why don't I get started right now? If I did start, what am I afraid of? What's the worst thing that could happen if I started right now?* List the first answers that pop into your mind. These answers will most likely be your task-avoidant thoughts.

3. Once you have a few thoughts listed, circle one of them that feels especially true or upsetting, or both. Write it down here.

4. Now ask yourself, *If this thought came true, what is the worst thing this could mean about me? About my life? About my future?* Write down the answers.

5. Continue to ask yourself this question, writing your answers down, until you have identified the belief at the root of your thought tree.

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You have uncovered your root belief!