

Deeper patterns and staying well

Understand old rules, keep what helps and prepare for setbacks.



IN THIS SET

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- 14 Maintaining gains and planning for setbacks**

Some patterns are held in broad beliefs and personal rules that once made sense. This final set helps you update those patterns and prepare for old habits to reappear under stress without treating a setback as failure.

HOW TO USE IT

Begin with the topic that feels most relevant. Each topic includes a short guide and a fillable worksheet. Download the PDF before typing so your notes can be saved.

Core beliefs and personal rules

Core beliefs are broad conclusions about yourself, other people or the world. Personal rules are the 'if-then', 'must' and 'should' strategies used to manage those beliefs. They often began for understandable reasons.



LOOK FOR REPEATING THEMES

A core belief usually appears across more than one situation.

- What conclusion keeps returning?
- Does it concern worth, safety, trust, competence or belonging?
- How strongly does it feel true from 0 to 100?

FIND THE RULE THAT FOLLOWS

Rules often sound protective or demanding.

- 'If I do not perform perfectly, I will be rejected.'
- 'I must not need anyone.'
- 'I should always keep other people happy.'

UNDERSTAND THE COST AND ORIGIN

Context can explain a rule without making it permanent.

- When might this belief or rule have been useful?
- What does it help you avoid?
- What does it cost in current life?

BUILD AN UPDATED BELIEF

New beliefs become credible through evidence and action.

- Use balanced wording you can partly believe.
- Collect evidence that fits the updated view.
- Plan small experiments that behave as if the new belief matters.

TRY THIS AT YOUR OWN PACE

Old beliefs and rules often began for understandable reasons. Understanding them makes updating possible. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Core beliefs and personal rules



NAME (OPTIONAL)

DATE

1 REPEATING SITUATIONS

What situations trigger a similar reaction or conclusion?

2 CORE BELIEF

Broad conclusion about self, others or the world. Belief 0-100.

3 RULES and ASSUMPTIONS

What 'if-then', 'must' or 'should' rule follows?

4 ORIGIN and COST

How did it make sense? What does it protect from and cost now?

5 UPDATED BELIEF

A fairer belief that you can partly believe.

6 EVIDENCE and TEST

What evidence supports it? What small action could strengthen it?

Use brief notes. There is no right way to complete this page. Download the PDF before typing so your entries can be saved.

Maintaining gains and planning for setbacks

A setback does not erase progress. It is more useful to expect old patterns to reappear under stress and to decide in advance how you will notice and respond before the pattern gathers momentum.



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NAME WHAT HAS HELPED

Keep the list specific enough to use again.

- Which thinking and behavioural tools worked?
- Which routines supported you?
- What did other people do that was genuinely useful?

KNOW YOUR EARLY SIGNS

Early signs are often small changes, not a crisis.

- Changes in sleep, routine, avoidance or irritability.
- More checking, reassurance, withdrawal or rumination.
- Dropping activities that usually help.

PLAN THE FIRST RESPONSE

A short plan is easier to use when thinking is narrowed by stress.

- What will you do in the first day or two?
- Which tool will you return to?
- What ordinary routine needs protecting first?

USE SUPPORT EARLY

Reaching out sooner can prevent a manageable setback becoming larger.

- Who can you tell, and what do you want them to do?
- When would you contact your treating team?
- When will you review and update this plan?

TRY THIS AT YOUR OWN PACE

A setback is a signal to use your plan early. It does not cancel the work you have already done. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Maintaining gains and planning for setbacks



NAME (OPTIONAL)

DATE

1 WHAT HELPED

Tools, routines, actions and perspectives worth continuing.

2 EARLY SIGNS

Small changes in mood, sleep, thinking, behaviour or routine.

3 LIKELY TRIGGERS

Situations, transitions, pressures or losses that may increase vulnerability.

4 FIRST 24-48 HOURS

The first small actions you will take.

5 ROUTINES and TOOLS

What will you restart, protect or simplify?

6 PEOPLE and SERVICES

Who will you contact, when, and what support will you ask for?

7 REVIEW

What would show the plan is working? When will you update it?

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