

CBT Worksheet

It's common to feel uncertain or anxious about how your partner's family perceives you. When we believe "They don't like me," it can trigger painful emotions and shape how we act around them — sometimes reinforcing the very fear we have.

1. Understanding the Situation

Think about a recent situation that triggered your belief that your partner's family doesn't like you.

- What happened?
- Who was there?
- How did you feel (emotion words)?

2. Identify the Automatic Thought

What went through your mind in that moment?

Example thoughts: "They don't like me." "They wish my partner was with someone else." "I don't belong in this family."

Write your automatic thoughts here:

Write your automatic thoughts here:

3. Explore the Core Belief

Core beliefs are deep, often long-held views about ourselves and others. What might your automatic thought say about a deeper belief you hold?

Possible core beliefs:

- I'm not good enough.
- People reject me.
- I don't fit in.

Write your core belief here:

4. Gather the Evidence

Evidence for the belief (“They don’t like me”):

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Evidence against the belief:

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5. Reframe the Thought

Ask yourself:

- Could there be another explanation?
- What would I tell a friend who felt this way?
- What’s a more balanced way to look at this?

New, balanced thought:

6. Emotional Check-In

After reframing, how do you feel now? (Use a 0–10 scale for intensity.)

Emotion	Before	After
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Anxiety

Sadness

Hopefulness

7. Behavior Plan

When you believe “They don’t like me,” you might withdraw or act guarded — which can reinforce the distance. Plan a small action that aligns with your new, balanced thought.

Example: “I’ll start one short conversation with my partner’s mom about something we both enjoy.”

Your action step:

8. Reflection

- What did you learn about your thoughts and assumptions?
 - How might this practice help you build a more realistic and compassionate view of the situation?
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