

“I Can’t Because” Handout

1. Beliefs about myself:

- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____

2. Beliefs about what others might think, say, or do:

- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____

3. Beliefs about the situation:

- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____
- I can’t because . . . _____