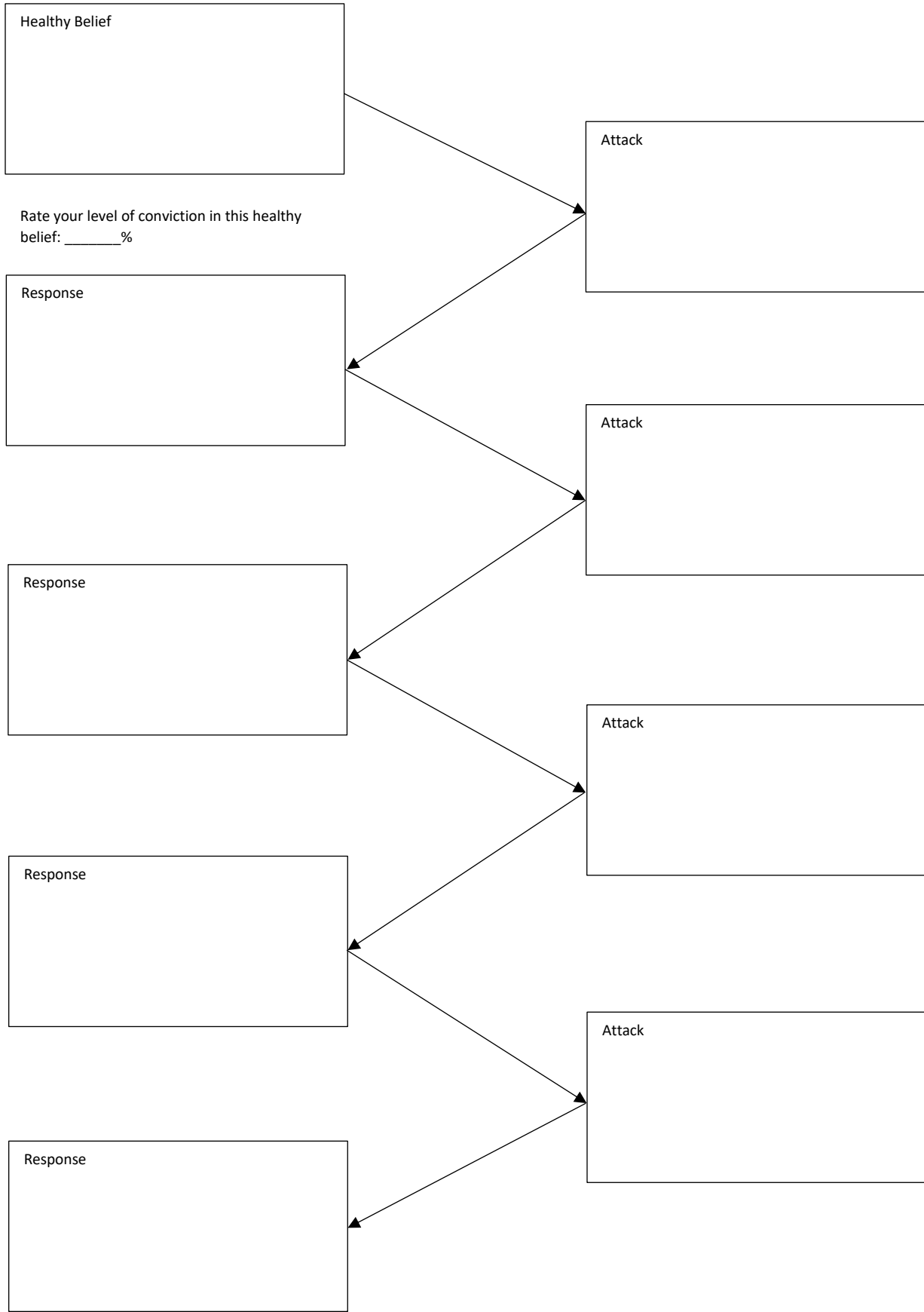


ZIG-ZAG CHART



Now rate your level of conviction in this healthy belief: _____%

ZIG-ZAG CHART

How to use this chart to strengthen your healthy belief.

1. Write own your healthy belief in the top left-hand rectangle.
2. Rate your present level of conviction in the belief on a 100-point scale (with 0% = no conviction and 100% = total conviction). Write down this rating in the space provided on the chart.
3. Respond to this healthy belief with an attack (or disputing statement) that is directed at this healthy belief. This may take the form of a doubt, reservation, or objection to the healthy belief. Make this attacking statement as genuine as you can. The more it reflects what you actually believe, the better. Write down this attack in the rectangle on the right.
4. Respond to this attack as fully as you can. It is really important that you respond to each element of the attack. Do so as persuasively as possible and write down this response in the second rectangle on the left. Continue in the vein until you have answered all your attacks and cannot think of anymore.
5. If you find this exercise difficult, you might find it easier to begin with more gentle attacks. Then, when you find that you can respond to these attacks quite easily, begin to make the attacks more vigorous. When you respond, really throw yourself into it with the intention of demolishing the attack and raising your level of conviction in your healthy belief.
6. Don't forget that the purpose of this exercise is to strengthen your healthy belief; it is important to stop when you have answered all your attacks. Use as many forms as you need and clip them together when you have finished. If you make an attack that you cannot answer, stop the exercise and discuss with your therapist how you can best respond to it in your next session.
7. When you have answered all your attacks, re-rate your level of conviction in the healthy belief as before. If you have been successful at responding to your attacks, then this rating will have gone up. If it has not increased or has only done so a little, you can discuss the reasons for this with your therapist at your next session.