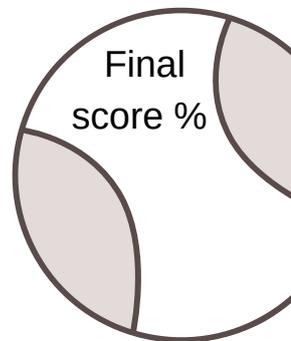
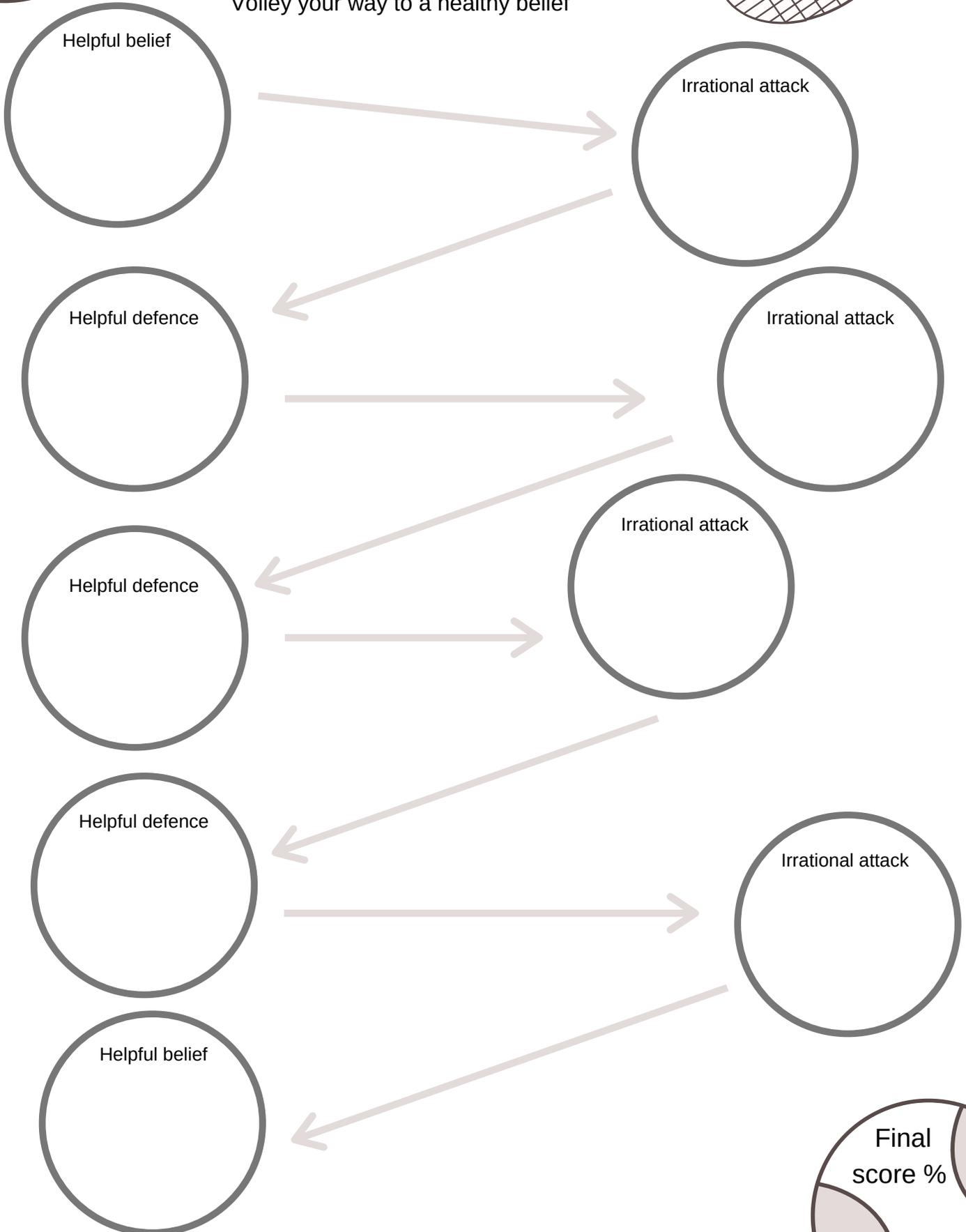
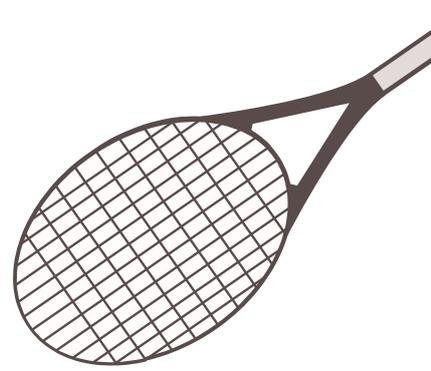


Belief tennis

Learn to bat away unhelpful beliefs by brushing up your rational defence technique!
Volley your way to a healthy belief



How to play belief tennis

This exercise is designed to strengthen your conviction in the alternative healthy and supportive thoughts and beliefs you have been working on. In real life, even if you have come up with an alternative flexible, realistic and balance belief, old beliefs can lurk around, so... repeated practice at giving the evidence for why your beliefs are true, realistic and supportive is going to be important to begin to strengthen your new way of thinking. Call this game of Belief Tennis a workout for a healthy mind! You are going to play the part of a healthy and helpful player, but also step back into the shoes of the old disruptive, irrational and unhelpful player who keeps coming back for another match. Writing this down helps to hone your skills and as a flexible thinker.

Rate your present level of conviction in this belief or thought as a percentage with 0% as no conviction and 100% as total conviction and write this down on ball in the top left-hand corner.

Write down your healthy/helpful belief in the first left-hand tennis ball to start the game.

Next switch sides to the right-hand column and direct an irrational attack at your healthy rational belief. Write this down inside the ball. Try to make this attack shot as genuine as possible, the kind of objection or doubt your mind would come up with in everyday life. eg. 'You say that, but...'

Next switch to the other side, and respond with a powerful, persuasive and rational shot from the left-hand side. Try to respond to all elements of the attack (you might need more paper!) and dig deep to weaken the previous shot from the irrational opponent.

Repeat this process until you have answered all of the irrational attacks you can come up with and end on a helpful belief. At this point, re-rate your % conviction in the healthy belief for your final score.

If you find this exercise tricky, you might find it easier to build you skills by warming up with softer irrational attacks to begin with. Then, when you find that you can respond to these attacks quite easily, begin to go at this more forcefully.

Use as many sheets of paper as you need and clip them together when you have finished as you may want to re-read them.

If you find you make an attack you can't answer, make a note and bring this to your next therapy session.

When you have answered all of your attacks, re-rate your level of conviction in the healthy belief. If you have been successful at responding to your attacks, this rating will have gone up.

Belief tennis is a version of the Zig Zag technique

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