Shades of grey: rating a belief

Rate yourself and other people on a scale, to test an all-or-nothing belief.

Name _____ Date _____

The belief about myself (for example: "I am a failure")

Where do I put myself to begin with?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

What would 0% look like?

Describe someone at the very bottom of this scale. What would they do, every day?

What would 100% look like?

Describe someone at the very top.

Now place some real people on the same scale: people you know, and people in public life.

Person	Where they fall (0 to 100%)	Why

Having done this, where do I put myself now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

What do I notice?

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