

**Core Belief Record: Recording Evidence that Supports an Alternative Core Belief**

Write out an alternative core belief that is more balanced. Then record small events and experiences that support the new core belief. Over the next few months, continue to write down experiences that support your new belief.

New Core Belief:.....

Evidence or experiences that support the new belief:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....
- 11.....
- 12.....
- 13.....
- 14.....
- 15.....
- 16.....
- 17.....
- 18.....