

**WORKSHEET 1.2. Record evidence that a core belief is not 100% true.
Remember to identify even small example which
demonstrate this.**

Core belief:

Evidence or experience that suggest that the core belief is not 100% true all of the time:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.