

WORKSHEET 1.3. Record evidence that supports an alternative core belief.

Identify an alternative core belief that explains the experiences you recorded on Worksheet 1.2. Then begin recording small events and experiences that support the new core belief. Build on this work over the coming weeks by continuing to note experiences that support your new belief.

New 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.