



Adjusting Negative Core Beliefs

Old Negative Core Belief I would like to Adjust:	
Rate how much I believe it (0-100%): Now: When it is most convincing: When it is least convincing:	Emotions
New Balanced Core Belief I would like to Adopt:	
Rate how much I believe it (0-100%): Now: When it is most convincing: When it is least convincing:	Emotions
Old Negative Core Belief	
<i>Evidence For</i>	<i>Alternative Ways of Looking at the Evidence</i>
	
New Balanced Core Belief	
<i>Evidence For New Balanced Core Belief (from the past/present)</i>	<i>Evidence For New Balanced Core Belief (what to look out for in the future)</i>
New Behaviour/Experiments (things I can do to support or gain more evidence for my New Balanced Core Belief):	
	
Rate how much I believe the following now (0-100%)	
Old Negative Core Belief:	New Balanced Core Belief: