

CORE BELIEF: \_\_\_\_\_

How strongly do you believe this core belief? \_\_\_\_\_  
(1 -100%)

Evidence For	Evidence Against

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We often use evidence to support our core beliefs that may be distorted or not necessarily proof that our core beliefs are true. Are there any problems with the quality, objectivity or the relevance of the evidence listed above? Consider:

- Is the evidence factual, objective, observable or subject to interpretation?
- Are you referring to behaviour that may be considered normal or understandable given your age &/or circumstances?
- Was the behaviour adaptive & serve a purpose? Did the behaviour help you to cope with difficult circumstances?
- Is there another explanation for the evidence other than the core belief?
- Are you ignoring the role that others played?
- Are you personalising? Are you assuming something was your fault?

On the basis of the evidence what can you conclude about your core belief?

What would your calmest, most rational friend/relative say about this core belief & the evidence you have generated?

Does considering the evidence make any difference to how strongly you believe this core belief?