

Core Beliefs Worksheet

Core belief to be challenged:

Experiences that show that this belief is not COMPLETELY true ALL the time:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Balanced core belief:

Core belief to be tested:

Task/s:

Prediction:

What actually happened:

Conclusion:

Balanced core belief: