

# Worksheet

Professional Version | US English

# Positive Belief Record



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## Description

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Positive belief records, sometimes called a 'positive data log' are an effective schema change technique. When working to reduce the impact of negative core beliefs it is helpful to elicit and strengthen positive core beliefs. Positive belief records are a way of collecting information to reinforce a new helpful belief.

This worksheet guides the client to identify an unhelpful core belief and a more positive alternative, and then has space to record specific examples which are consistent with the new belief. It is worth impressing upon clients that schema change work is not necessarily quick, but that consistent attention toward new beliefs can yield positive results.

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## Instructions

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1. Clearly specify an old (unhelpful) and new (more adaptive) belief.
2. Record any information (evidence) that:
  - Supports the new belief, or
  - Is inconsistent with the old belief.

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## References

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Greenberger, D., Padesky, C. A. (1995). *Mind over mood*. Guilford.

Padesky, C. A. (1994). Schema change processes in cognitive therapy. *Clinical Psychology & Psychotherapy*, 1(5), 267-27

## Positive Belief Record

Old (self-critical) belief: \_\_\_\_\_

New (positive) belief: \_\_\_\_\_

### Evidence that supports the new belief (or isn't entirely consistent with the old belief):

(e.g. an experience you have, something someone says to you, or anything else that supports the new belief)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

## Positive Belief Record

Old (self-critical) belief: I'm inadequate.

New (positive) belief: I am competent, and a normal human being.

### Evidence that supports the new belief (or isn't entirely consistent with the old belief):

(e.g. an experience you have, something someone says to you, or anything else that supports the new belief)

I got congratulated by my manager's manager on a piece of work I had done

1. (I'm competent).

my daughter told me that she likes spending time with me when we watched a movie

2. on the couch (I'm normal).

I carried a tray of food without spilling it – this sounds silly but I'm so hard on myself

3. when I'm clumsy (I'm competent).

4. I paid my tax bill on time (I'm competent).

I helped a colleague with a problem she had been working on and she thanked me

5. (I'm competent).

6. I had a drink with friends at the bar and we played pool (I'm normal).

7.

8.

9.

10.

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