

## Core Belief Record: Recording Evidence That a Core Belief Is Not 100% True

Core Belief:

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Evidence or experiences that suggest that the core belief is not 100% true all the time:

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## Recording Evidence That Supports an Alternative Core Belief

Write out an alternative core belief then begin recording small events and experiences that support the new core belief. Over the next few months, continue to write down experiences that support your new belief.

### Core Beliefs Record: Recording Evidence That Supports an Alternative Core Belief

New Core Belief: \_\_\_\_\_

Evidence or experiences that support the new belief:

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