

## 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. \_\_\_\_\_