

Core Belief Worksheet

Name: _____ Date: _____

Core belief you want to challenge		
Evidence disputing that this belief is true at all time		
1.	6.	
2.	7.	
3.	8.	
4.	9.	
5.	10.	
Balanced core belief		Core belief you want to test
Task(s)	Prediction	What really happened
Conclusion		Balanced core belief