

CORE BELIEFS WORKSHEET

Core belief to be challenged:

Experience that shows 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