

Old core belief: Others can't be trusted.

How much do you believe the old core belief right now (0-100): 70%

What is the most you've believed it this week (0-100): 100%

What is the least you've believed it this week (0-100): 40%

New belief: Many people are trustworthy, but even they make mistakes.

How much do you believe the new belief right now? (0-100): 50%

Evidence that contradicts old core belief and supports new belief	Evidence that supports old core belief with reframe
<ol style="list-style-type: none"><li>1. My friend gave me back the pen I loaned him.</li><li>2. My co-worker covered for me when I was late for work. Etc. ...</li></ol>	<ol style="list-style-type: none"><li>1. Another friend did not return my call, BUT he may have just been too busy at the time.</li><li>2. A group of colleagues were whispering when I came into the room, BUT they may not have been talking about me. Etc. ...</li></ol>