

**Positive Belief Record**

Old (and I-critical) belief: \_\_\_\_\_

New (positive) belief: \_\_\_\_\_

Evidence that supports the new belief (and is consistent with the old belief):  
(eg. successful practice, something someone says to you or anything else that supports the new belief)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_