

Positive Belief Record

Old (and I-critical) belief: _____

New (positive) belief: _____

Evidence that supports the new belief (and is not 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. _____