

Core Belief Worksheet

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