

# Core Belief Worksheet

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