

Positive Belief Record

Old (self-critical) belief: _____

New (positive) belief: _____

Evidence that supports the new belief (or isn't entirely consistent with the old belief):

(e.g. an experience you have, something someone says to you, or anything else that supports the new belief)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____