

Name: _____ Date: _____

17. Getting Extra Evidence Against a Core Belief

Complete one of these worksheets for **each activity** that you and your therapist have planned on worksheet 10. Planning to Get More Evidence against a Core Belief. Make sure you complete questions 1,2, and 3 **before** you carry out the planned activity.

Core Belief Being Tested. _____ _____

(1) Planned Activity.

(2) What do you expect to happen? What do you predict will occur?

Prediction 1. _____
Prediction 2. _____
Prediction 3. _____

(3) How certain are you about these prediction(s)? Rate your confidence (0-100) that each prediction will occur?

Prediction 1 (0-100). _____
Prediction 2 (0-100). _____
Prediction 3 (0-100). _____

(4) What happened when you carried out the planned activity? Did your prediction(s) come true?

(5) If you were carrying out the activity again, what would you predict would happen?

Prediction 1. _____
Prediction 2. _____
Prediction 3. _____

(6) What have you learned by carrying out the planned activity? Did you find evidence against the core belief? Has this activity changed the way you think about the core belief?

