

Name: _____ Date: _____

16. Planning to Get More Evidence Against a Core Belief

Complete one of these worksheets for each core belief that you and your therapist have identified on worksheet 8 (ie. Agreed 'Core' Beliefs on 8. Identifying Unhelpful Core Beliefs).

Core Belief. _____ _____

Can you think of ways to gather more factual evidence against the core belief? Would it help to:

Ask someone a question? Yes No

Get information from a book or library? Yes No

Get information from the internet? Yes No

Conduct an experiment? Yes No

Talk to a friend? Yes No

If you answered yes to any of these questions, please describe your plan(s) to gather evidence below.

Therapist's suggestions:
