

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 18. Recording Daily 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
_____
_____

Keep on the lookout for evidence against the core belief that may arise each day. Look at your behaviour, the behaviour of others, and the way you interact with the world in order to find more proof that the core belief is not 100% true all of the time. Conduct more experiments, seek out more information, and constantly put the core belief to the test. Think back over your past — can you think of more situations that show that the core belief is not true? Each time you get a new piece of evidence against the core belief simply add it to the list below. You may need several copies of this form as your evidence against the core belief grows! **Try to add at least one piece of evidence against the core belief each day.**

Daily Evidence Against the Core Belief.	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____
11.	_____
12.	_____
13.	_____
14.	_____
15.	_____
16.	_____
17.	_____
18.	_____
19.	_____
20.	_____
21.	_____
22.	_____
23.	_____
24.	_____
25.	_____
26.	_____
27.	_____
28.	_____
29.	_____
30.	_____
31.	_____
32.	_____

