

1. Find a core belief you'd like to work on.  
It may be something like "I am unsafe" or "I am unloveable" or "I am useless."

TEXT BOX 4

2. Write a few examples where your core belief is not true.

TEXT BOX 5

3. Create a new balanced belief.

TEXT BOX 6

- 4. The human mind tends to filter out events in our lives that don't fit into our core beliefs. To break this bad habit, you can't just write out a new balanced belief and move on.

Over the next week or two, write down evidence every day that supports your new belief. This exercise will help you form new connections in your brain. Remember that your mind is intensely holding on to your core belief, and won't easily let it go. It will take time and effort to reinforce your new balanced belief.

| Date                       | Evidence For New Balanced Belief             |
|----------------------------|--|
| <i>Ex: Monday, June 20</i> | <i>Ex: My co-worker invited me for lunch</i> |
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