



What do I believe?

| Situation (describe the situation that you repeatedly encounter that makes you feel sad) | Existing Belief (what do you believe about yourself and other people?) | Evidence (What evidence is there to support this belief?) | New Adapted Belief (what belief would help you to become the person that you want to become or do the things that you want to do?) | Evidence (What evidence is there to support this belief?) |
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Remember, once you have found your new belief, field test it. Make sure that you start testing it in smaller, easy to predict situations before going all guns blazing into the deep end! Take it slow and keep re-enforcing the new belief by reading the new belief to yourself regularly and continue to recite the evidence you have to believe it.