Logging Positive Beliefs
Worksheet

Old problematic belief: ____________________________

New positive belief: ____________________________

Facts supporting the new, positive belief.
What events, information, or facts exist in support of this new, positive belief? These may also challenge the old belief.

1. __________________________________________________________________________

2. __________________________________________________________________________

3. __________________________________________________________________________

4. __________________________________________________________________________

5. __________________________________________________________________________

6. __________________________________________________________________________

7. __________________________________________________________________________

8. __________________________________________________________________________

9. __________________________________________________________________________

10. __________________________________________________________________________