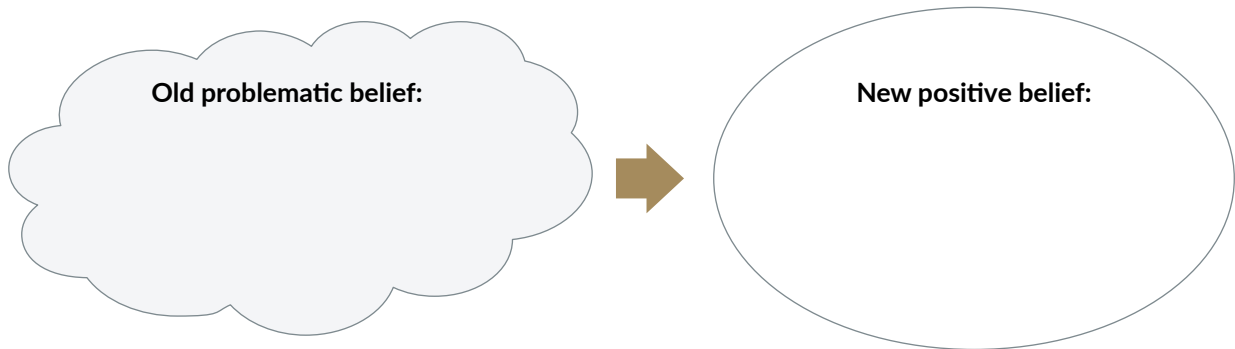


# Logging Positive Beliefs

## Worksheet



### 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.