

Positive Core Beliefs

Step 1- Identify a negative core belief and the positive core belief that you are working towards

Old negative core belief:

New positive core belief you are working towards:

Rate your positive belief on a scale from 0-100.

0	10	20	30	40	50	60	70	80	90	100
< Not true				True			Extremely True >			

Step 2- Carefully define what they mean by your negative and positive core beliefs. Put those beliefs at opposite ends of your 0-100 scale

Negative core belief (e.g. I'm a loser) Definition: a. b. c.	New positive core belief (e.g. I'm successful) Definition: a. b. c.
--	---

Step 3: Think carefully about each of your definitions and give each of them a rating from 0-100. Think really hard about the definition and then think carefully about each of the ratings.

Definition a:

0	10	20	30	40	50	60	70	80	90	100
< Not true				True			Extremely True >			

Definition b:

0	10	20	30	40	50	60	70	80	90	100
< Not true				True			Extremely True >			

Definition c:

0	10	20	30	40	50	60	70	80	90	100
< Not true				True			Extremely True >			