

**Core Belief Log**

CBT Psychology for Personal Development

Old Core Belief: .....  
How much do you believe in your old belief right now? (0-100) .....

New Belief: .....  
How much do you believe in your new belief right now? (0-100) .....

Evidence that **contradicts** old core belief and supports new belief

Evidence that **supports** old core belief with reframe

Do you want to talk about situations that come up in connection with this log in your next session?

.....  
.....  
.....  
.....