

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?

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