

## CORE BELIEF WORKSHEET

Old core belief: I'm adequate

How much do you believe the old core belief right now? (0-100) 60%

"What's the most you've believed it this week? (0-100) 90%

"What's the least you've believed it this week? (0-100) 60%

New belief: I'm adequate in most ways ( but I'm only human too).

How much do you believe the new core belief right now? (0-100) 50%

Evidence that contradicts old core belief and supports new core belief	Evidence that supports the old core belief with reframe
Did good work on literature paper	Didn't understand Econ concept in class I hadn't read about it and I'll probably understand it later. At worst it's an inadequacy but maybe it's actually her fault for not explaining it well enough
Asked a question in statistics	
Understand this worksheet	Didn't go to the teaching assistant for help that doesn't mean I'm inadequate. I was nervous about going I think I should be able to figure it out these things myself and I thought he'd think I was unprepared.
Got a B on chemistry test	
Made decisions about next year	
Arranged to switch phones, bank accounts, insurance, etc.	Got a B on my literature paper, it's an okay grade. If I were really inadequate, I wouldn't even be in college.
Got together all the references I need for Econ paper	
Understand most of chapter 6 in statistics book	
Explain statistics concept to guy down the hall.	

- Should situations related to an increase or decrease in the strength of the belief be topics for the agenda?