

## Core Belief Record

Old core belief:

How much do you believe this right now in your gut? (0-100):

How much do you believe this right now rationally? (0-100):

Alternative belief:

How much do you believe this right now in your gut? (0-100):

How much do you believe this rationally? (0-100):

Evidence that contradicts old core belief and supports new belief:

Evidence that supports old core belief with a reframe (yes...but...):

## Continuum



Rating at start =

Define meaning of each end point:

0 =

100 =

Define additional scale points:

25 =

50 =

75 =

Summary of discussion:

Rating after =

Learning: