

## Positive Belief Record & Core Continuum



Negative beliefs can change the way we think about ourselves, others and the world. But we can change these over time by recording the things negative beliefs don't make us see. Page 1, the positive belief record is about thinking about our negative beliefs, evidence against (like in the thought record) and coming up with a more accurate and positive belief. Page 2, the core continuum is about changing these over time. Beliefs build up over time and so change over time. You review the evidence for the positive belief (you can keep adding to this over time) and let your mind bring up pictures and feelings about the evidence to show you the positive truth. After this rate how much the old negative and positive beliefs feel true out of 100%

Old, negative belief:

New positive/balanced belief:

Evidence for new belief:

Date	% you feel old belief is true	% you feel new belief is true