

**EXERCISE: Identifying a New Core Belief**

Use Worksheet 12.5 to identify a new core belief.

**WORKSHEET 12.5. Identifying a New Core Belief**

Examine the negative core beliefs you identified on **Worksheets 12.1 through 12.4**. Do you recognize one of these beliefs as one that is frequently active in your life? Write it on the negative core belief line below.

Now identify a new core belief. What word or words best capture how you would like to think about this?

Negative Core Belief

New Core Belief

\_\_\_\_\_

\_\_\_\_\_