

**EXERCISE: Recording Evidence That Supports Your New Core Belief**

At the top of **Worksheet 12.6**, write down your new core belief from **Worksheet 12.5**.

Over the next few weeks, notice and write down small events and experiences that support your new core belief. Over the next few months, continue to look for and write down experiences that support your new belief.

Keep in mind that the evidence you are looking for may be quite small. For example, evidence Marissa recorded for her lovability included people smiling and appearing happy to see her, people asking her to spend time with them or agreeing to her invitations to spend time together, and compliments given to her.

**WORKSHEET 12.6. Core Belief Record: Recording Evidence That Supports a New Core Belief**

**New Core Belief:** \_\_\_\_\_

**Evidence or experiences that support my new belief:**

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