

EXERCISE: Rating Confidence in New Core Beliefs over Time

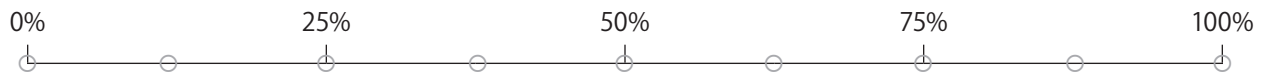
On the first line of Worksheet 12.7, write the new core belief you identified and have been strengthening on Worksheet 12.6. Then enter the date and rate the new core belief by placing a mark on the scale below the number that best matches how much you think this new belief fits with your current experiences. If you don't believe the new core belief at all, put your mark below 0 on the scale. If you have total confidence in your new core belief, put your mark below 100 on the scale. To measure your progress in strengthening your new core belief, rerate the new core belief every few weeks.

WORKSHEET 12.7. Rating Confidence in My New Core Belief

New core belief: _____

Ratings of confidence in my belief

Date: _____



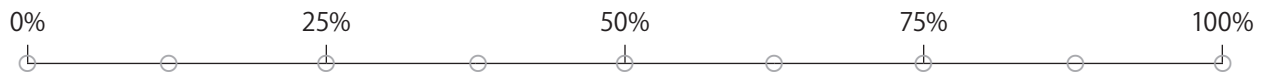
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