

## **Recording Evidence That Supports Your New Core Belief**

In a journal write down your new core belief and over the next few weeks, notice and write down small events and experiences that support your new core belief (you only need spend 5 minutes a week on this). Over the next few months, continue to look for and write down experiences that support your new belief. Every time you sit down to write in your journal, review what you wrote previously

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.

Write down any experiences, no matter how small, that fit with your new core belief. If you find yourself thinking, "This is so small or unusual that it doesn't count for anything," write it down anyway. The small experiences add up, and you want to make sure that you are not discounting or ignoring any life experiences. Chances are that you are highly aware of small negative events, so it is important for you to become just as aware of small positive events.