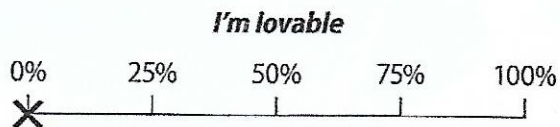
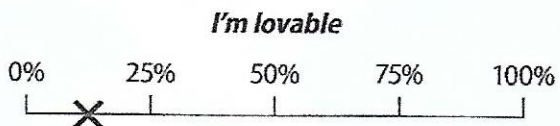


## Rating Confidence in New Core Beliefs over Time

To keep track of how your beliefs are changing, it is helpful to rate the your confidence in your new belief on a scale similar to the one you used in Chapter 3 to rate your moods. For example, when Marissa started looking at the belief that she was lovable, she did not think it was true for her at all, so her lovability scale looked like this:



After she completed the Core Belief Record (Worksheet 12.6) for her new core belief for 10 weeks, Marissa's scale looked like this:



While this may look like a small change to you, it was very important to Marissa. This was the first time in her life that she had felt at all lovable. Even this small amount of confidence in her lovability allowed her to begin to experience love from her children and friends. She kept track of small and large signs of her lovability for a year, and her rating eventually reached 70%. As her new core belief became stronger, she began to notice more and more positive experiences that had always been part of her life, but that she had never really noticed or had discounted or distorted in the past. As she began to notice and appreciate these positive experiences, Marissa felt greater joy and happiness in herself and her relationships.

As you record more experiences on Worksheets 12.6 and 12.7, and do the remaining exercises in this chapter, your new core belief will probably become more believable to you. Confidence in a new core belief usually takes months to develop, so don't be discouraged if your confidence rating increases at a very slow pace – or even remains in one spot for a long time. The more experiences you notice and write down to support the new belief, the more likely it is that you will begin to have confidence in it. With this new confidence, you may begin to feel better across many areas of your life. Over time, it often gets easier to see more and more positive experiences, which can increase your life satisfaction and happiness.

It is not necessary to be 100% confident in your new core belief. In fact, most people begin to feel better when their confidence in the new belief reaches a midpoint on the scale. As you rate yourself on the scales in Worksheet 12.7, be sure to give yourself credit for partial success and for progress.

PTD for worksheet 12.7



### HELPFUL HINTS

This chapter introduces you to a variety of exercises that can help you build new core beliefs so you can achieve greater happiness and life satisfaction. Unlike the worksheets presented in earlier chapters, most of the core belief worksheets (Worksheets 12.5–12.9) require you to keep records for weeks or months to gather enough evidence to strengthen your new core beliefs. Don't expect to do all of these worksheets simultaneously. Work on one worksheet for a while, write down what you learn, and then move to another one. The exception to this rule is that it is helpful to do Worksheets 12.6 and 12.7 at the same time.

worksheet 12.6 records evidence for your new core belief  
worksheet 12.7 Rates your confidence in the new core belief over time (PTD).

## EXERCISE: Rating Confidence in New Core Beliefs over Time

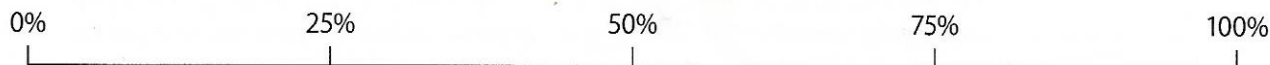
On the first line of Worksheet 12.7, write the new core belief you identified and have been strengthening on Worksheet 12.6. Then enter the date and rate the new core belief by placing an X on the scale below the number that best matches how much you think this new belief fits with your current experiences.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

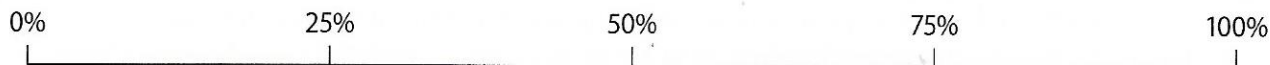
New core belief: \_\_\_\_\_

#### Ratings of confidence in my belief

Date:



Date:



Date:



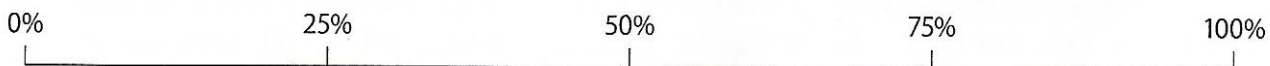
Date:



Date:



Date:



Date:

