

The belief and the evidence

A worksheet for taking one harsh belief about yourself, setting it next to what you actually know, and noticing what you are tempted to wave away.

CLIENT NAME OR INITIALS

DATE

CLINICIAN

01 How to use this worksheet

Write down one belief you hold about yourself that gets in your way, then work through the sections in order. Use one recent, ordinary situation rather than the most painful one you can think of. Short, plain answers are more useful here than complete ones.

WHY IT HELPS

Beliefs about yourself tend to hold steady because attention goes to whatever confirms them. Gathering both sides of the evidence in writing slows that filtering down enough to look at.

02 The belief In your own words, as it sounds in your head.

How much do you believe it right now? 0 means not at all, 100 means completely.

_____ / 100

03 One recent moment the belief showed up

WHAT HAPPENED

Where you were, who was there.

WHAT YOU DID NEXT

Including anything you avoided or held back.

04 Both sides of the evidence Facts and events, not opinions about yourself.

WHAT SEEMS TO SUPPORT THE BELIEF

WHAT DOES NOT FIT THE BELIEF

Include the small things you would normally skip past.

Explaining it away. If something in the right-hand column came with a "yes, but", write that "yes, but" here.

05 A belief that fits the evidence better Not a positive spin. Something you can actually believe.

The belief in section 02, rated again _____ / 100
now

Rated again at your next session _____ / 100

06 Reflection

Which column was harder to fill in, and what did that tell you?

Where else in your week does this belief do the talking, and what would you bring back to your next session?

NOTES Client or clinician

If you are in crisis or thinking about harming yourself, call or text 988 (Suicide & Crisis Lifeline) in the U.S., 24/7, or contact your local emergency number.