

## Changing Core Beliefs

1. Identify your negative core beliefs.
2. Note the consequences, both positive and negative, of holding onto this belief.
  - a. Relationships
  - b. Mood
  - c. Work
  - d. Play
  - e. Health
3. Challenge the core belief with evidence; record both positive and negative evidence.
  - a. Age 0 – 3
  - b. Age 4 – 6
  - c. Age 7 – 10
  - d. Age 11 – 15
  - e. Age 16 – 10
  - f. Adult
4. Find the rules you have established for yourself based on your core beliefs.  
With each rule you list, also list the consequences of not following the rule.
5. Start creating new rules. Try them out, one at a time. Keep an evidence log of your experiences with the new rules.