

Problematic Beliefs Journal

Record below any key, recurrent, and persistent problematic beliefs, and once a day note supporting and contrary evidence for each belief. Then based on the evidence record a revised version of the belief.

Name: _____

Date: _____

Belief:
Supporting evidence: 1. 2. 3.
Contrary evidence: 1. 2. 3.
Revised belief:

Date: _____

Belief:
Supporting evidence: 1. 2. 3.
Contrary evidence: 1. 2. 3.
Revised belief:

Date: _____

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Date: _____

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Date: _____

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Date: _____

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Date: _____

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief:

Date: _____

Belief:

Supporting evidence:

- 1.
- 2.
- 3.

Contrary evidence:

- 1.
- 2.
- 3.

Revised belief: