

Has your certainty of your belief changed at all?

Yes / no

If it has changed, did your certainty increase or decrease?

Increase / decrease

If your certainty in the belief has **increased**, then this is great – so keep collecting evidence!

If your certainty in the belief has **decreased**, then this might mean the confirmation bias has crept in – you might find it helpful to review the evidence and check whether the evidence supports your alternative belief.

If your certainty is the **same**, then this is totally understandable – low self-esteem can make it difficult for us to believe positive things about ourselves, so it can take time to break this habit.