

Top tip

It also might be helpful to think back to a time when your self-esteem was a little higher – what were some of the alternative beliefs you held about yourself then?

The alternative belief that I want to strengthen is that...

‘I am _____.’

How certain are you that this alternative belief is true?

'Right *now* I believe this alternative belief is true with about _____ % certainty.'

Now start to think of evidence and experiences that **support** this alternative belief i.e. show that this belief might be true, or is true some/all of the time. Remember, we are interested in the small things as well as big things.

Evidence and experiences that support the alternative belief . . .
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Beliefs not only affect the way we *feel* about ourselves, they can also influence the way we *behave*.

Looking at your alternative belief, can you think of the ways you would behave differently if it were true? Try to think of some ideas and make a note of them here.