

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 **decreased**, then this is great – so keep collecting evidence!

If your certainty in the belief has **increased**, then this might mean the confirmation bias has crept in – you might find it helpful to review the evidence and check whether the evidence shows that this belief is not completely true all of the time.

If your certainty is the **same**, then this is totally understandable – core beliefs have generally been around for a long time so it can take some time to change them.