

**CONTESTING CORE BELIEF RECORD**

Unhelpful core belief: \_\_\_\_\_

Evidence or experiences that indicate that my core belief is not always true:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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19. \_\_\_\_\_
20. \_\_\_\_\_

Conclusion: \_\_\_\_\_  
\_\_\_\_\_