

BOTTOM LINE WORKSHEET

When you have rated your degree of belief, take a moment to focus on your Bottom Line and notice what feelings emerge. Write down any emotions you experience (e.g. sadness, anger, guilt), and rate them according to how powerful they are (from 0 to 100). Again, you may notice that, although you can still call up your Bottom Line, your feelings when you focus on it are less intense.

My Old Bottom Line is: 'I am _____,
 _____,

	Belief	Emotions (0–100)
When the Old Bottom Line is most convincing:	_____	%
When it is least convincing:	_____	%
When I started the book:	_____	%

My New Bottom Line is: 'I am _____,
 _____,

	Belief	Emotions (0–100)
When the New Bottom Line is most convincing:	_____	%
When it is least convincing:	_____	%
When I started the book:	_____	%

'Evidence' supporting the Old Bottom Line and how I now understand it:

'Evidence'	New Understanding
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In the light of my new understanding,
 I now believe my Old Bottom Line: _____ %

In the light of my new understanding,
 I now believe my New Bottom Line: _____ %

Evidence (past and present) which supports my New Bottom Line:

In the light of this evidence,

I now believe my Old Bottom Line: _____ %

In the light of this evidence,

I now believe my New Bottom Line: _____ %

Observation: Information and experiences I need to be alert to, in order to gather more evidence to support my New Bottom Line:

Experiments: Specific things I need to do, in order to gather more evidence to support my New Bottom Line:
