

OVERCOMING DISTRESSING VOICES

In the space below, or in your notebook, write down any evidence or experiences that mean that the negative core belief you have chosen to focus on is not completely true all of the time.

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| Negative Core Belief: 'I am' |
| Evidence and experiences that mean this negative core belief is not completely true all of the time. |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |