

**Correcting negative core beliefs. Chapter 6 – Exercise 2**

To correct negative core beliefs, look past what you think is right and actually welcome feeling the discomfort that comes from considering evidence that contradicts your belief/s. Use a table like the one below as a positive diary to record daily any event that could be seen as contradicting your negative core belief/s. This technique can lead to a rapid gathering of information that can be used to challenge negative core beliefs.

Negative core belief	Contradicting evidence
I'm stupid and untalented.	I'm in charge of balancing the books at work.
	Friends come to me for help when they have troubles with their computers.
	Last night I cooked a great roast dinner.
	At today's work meeting, I was able to hold conversations with a variety of different people.
I have to be in control of everything	My child choose their own meal when eating out and enjoyed it even though I didn't think they would
	I did what my husband wanted to do for the day and had a great time
	I let my friend choose where we had lunch, and I still enjoyed it
	I let someone else organise the work Christmas party, and everyone still had a good time