Evidence log for a new belief

A daily record of evidence that supports a new, fairer belief.

Name _____ Date _____

The old belief	The new, fairer belief I am building

Each day, write down anything that fits the new belief, however small. The old belief will tell you it does not count. Write it down anyway.

Date	What happened	What this says about the new belief
Mon 3rd	*A colleague asked my opinion on her report.*	*People do value what I think.*

How much do I believe the new belief at the end of the week?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

The positive data log was described by Christine Padesky (1994).

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