

It's not uncommon for us to develop a deep-rooted belief (known as a Core Belief in CBT) about ourselves (e.g. "I'm not good enough"), others (e.g. "People are untrustworthy"), or the world (e.g. "It's dangerous out there").



The big issue with negative beliefs is that all of us are impacted by a confirmation bias. This means we naturally look for evidence that supports our beliefs & ignore, excuse, or minimise evidence that doesn't fit. It therefore appears that we receive constant evidence that seemingly confirms our negative beliefs (thus strengthening them).



The solution is to try & gather evidence to support an alternative belief (e.g. "I am good enough"). Research has shown that by writing down & regularly reviewing this evidence we can break the viscous cycle of negative beliefs. Note, we're not trying to put a positive spin on life, nor ignore bad experiences. We're simply trying to re-establish objectivity by challenging the bias.

*My alternative belief:*

*Evidence that supports this:*

- 
- 
-