Positive Data Log

Collect evidence, however small or apparently insignificant, that supports the Alternative Core Belief. Write down that evidence on the form below, as soon as possible after you notice the evidence – otherwise you might forget, minimise or discount the evidence. You might start by collecting one piece of evidence each day, and gradually increase to 2, 3 or 5 pieces of evidence each day to support the new healthy core belief.

Alternative/Healthy Core Belief _____

Date/Time	Evidence in support of the Alternative/Healthy Core Belief

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