



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

## Week 10: Challenging Beliefs

*Building a New Self-View*

**Old Core Beliefs are stubborn.** They act like a magnet, attracting evidence that supports them ("See? I failed again!") and repelling evidence that contradicts them ("That success was just luck").

To change a core belief, we must actively **collect evidence** for a new, more balanced belief.

### Step 1: Define the Beliefs

Old, Negative Belief	New, Balanced Belief
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Example: "I am incompetent." (Write yours here)	Example: "I have strengths and weaknesses, like everyone else." (Write yours here)
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## Step 2: The Evidence Log

This week, act like a detective. Look for **any** small piece of evidence that supports your NEW belief. Write it down immediately. Even tiny things count!

**Evidence for New Belief:**

- Example: I cooked a decent dinner tonight.
- Example: I figured out how to fix the leaking faucet.
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