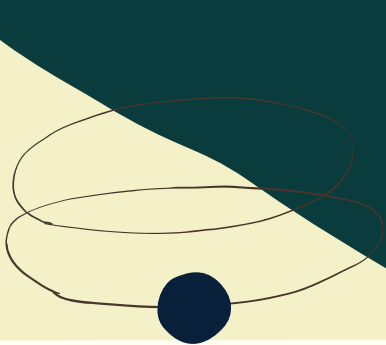


Positive Data Log

A Positive Data Log is a tool to support you to recognise and log evidence that goes against your negative core beliefs. These beliefs are often about ourselves, such as, 'I'm not good enough', 'I'm a bad mum', 'I'm ugly', or 'No one likes me'.

None of these beliefs are helpful and damage our self-esteem and overall wellbeing. Use this log to record daily evidence/situations that disprove your negative core beliefs. At the beginning and end of the week ask yourself how much you believe your core belief out of 100% and jot this down. Does this change after completing the positive data log? Is there a more accurate or balanced belief?



What is the evidence or situation?	What belief does this disconfirm?	What does this suggest about me and my qualities?

