

# NEGATIVE STATEMENT RATING GUIDE

**INSTRUCTIONS:** WRITE OUT THE NEGATIVE STATEMENTS YOU CHECKED OFF FROM THE NEGATIVE PHRASES & RATE YOUR CURRENT BELIEF, THEN RATE EACH WEEK AFTER

1.

Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
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Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

2.

Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
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Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

3.

Date:	Rate your belief in negative statement: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4
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