

### FORM 1.5. Tracking Degree of Belief in a Thought

The degree to which you agree with your specific negative belief may change during the course of the day. For example, the belief "I can't do anything" may be very strong when you are lying in bed in the morning. You may believe it 95%. But when you are at work, you may believe this thought 10%. Keep track of a negative belief for a couple of days and try to note if there is any change or variation in the degree to which you agree with your belief. What are you doing when that variation occurs? Are you with anyone? Does the strength of the belief vary with the time of day?

<b>Negative Belief:</b>			
<b>Time/Activity</b>	<b>% Belief</b>	<b>Time/Activity</b>	<b>% Belief</b>
6 A.M.		4 P.M.	
7		5	
8		6	
9		7	
10		8	
11		9	
12 NOON		10	
1 P.M.		11	
2		12	
3		1 A.M.	

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