

TABLE 7.3  
CHALLENGING YOUR PERSONAL BELIEFS

<i>Technique</i>	<i>Response</i>
Identify personal belief	
Degree of belief in belief (0–100%)	
Cost and benefit	Cost: Benefit:
Evidence for and against your belief	
How has this belief affected you?	
Would you be this critical of someone else?	
View yourself on a continuum—not in all-or-nothing terms	
Act against your belief	
Conclusions	