

Vertical Arrow (Core-Belief) Work

Date: _____

Hot Thought (verbatim thought):

Arrow Question Responses (5-7 levels):

Core Belief Identified:

Core Belief Conviction (0-100%):

Origins of Core Belief (optional):

Alternative Core Belief:

Believability of New Belief (0-100%):

Micro-Experiment (within 24 hrs):

Re-rate Conviction After Experiment:

Old Belief (0-100%): _____

New Belief (0-100%): _____