



The Shade Project

Testing My Core Beliefs

Persons et al. (2001)

My Core Belief is:

Where do I fit along the scale from 0 to 100 of this core belief?

0%

100%

What criteria would I use to judge where someone is on my core belief scale?

At Work

0%

100%

Socially, with friends

0%

100%

Family Relationships

0%

100%

Interests

0%

100%

Mood

0%

100%

Other:

0%

100%

Other:

0%

100%