



WHEN THE NEW THOUGHT DOESN'T FEEL TRUE YET

WORKING WITH DEEPER BELIEFS WHEN CATCH-CHECK-CHANGE IS NOT ENOUGH

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KNOWING IS NOT THE SAME AS FEELING

- You may understand a healthier thought intellectually and still feel the old belief emotionally.
- That does not mean you failed CBT or did the exercise incorrectly.
- Old beliefs can be strengthened by repetition, early learning, trauma, rejection, discrimination, shame, or experiences that once made the belief feel protective.

NAME THE BELIEF GAP

- What is the old belief?
- What is the healthier belief I am trying to practice?
- Old belief strength: 0-100.
- New belief strength: 0-100.
- What happens in my body when I try to say the newer belief?

WHY MIGHT I BE STUCK HERE?

- The new thought may be too absolute or too far away from what I can honestly believe.
- A recent event may have activated the old belief.
- My nervous system may still react as though the old belief is needed for protection.
- Current circumstances may still include rejection, discrimination, instability, abuse, or danger.

USE A BRIDGE - NOT A LEAP

- Old: "I am a failure." Too far today: "I am completely successful."
- Bridge: "I have failed at things and succeeded at things. One outcome does not define my identity."
- Try: "I do not fully believe the new thought yet, but I am willing to consider it."



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COLLECT LIVED EVIDENCE

- What experiences seem to support the old belief?
- What experiences do not fit the old belief?
- What evidence supports the bridge or newer belief?
- What context makes the story more complicated than either extreme?

LET EXPERIENCE STRENGTHEN IT

- A new belief can become stronger through repeated experiences - not one perfect sentence.
- Each boundary, solved problem, accepted kindness, accommodation, repaired mistake, act of courage, or safe connection can provide new evidence.
- You do not need complete belief before you begin practicing.

A SMALL BEHAVIORAL EXPERIMENT

- If the bridge belief were 10% more true, what might I do differently?
- Choose a low-risk experiment that respects your safety and capacity.
- Afterward ask: What happened? What did I learn? Does either belief need updating?

WHEN REALITY ALSO NEEDS TO CHANGE

- Do not rewrite a belief merely to make a harmful environment sound safe.
- Internal work may need to happen alongside protection, advocacy, accommodation, community support, legal or workplace remedies, medical care, or leaving an unsafe situation.
- A balanced belief makes room for pain, strengths, context, choices, and hope.