
Day 7: Building Your Evidence File

Today's Focus: Gather evidence against fear-based assumptions

Time Commitment: 20 minutes

Core Exercise: Evidence Collection System

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Yesterday's thought work:

What automatic thought did you challenge yesterday? _____

How did it help? _____

Your Personal Evidence Collection (15 minutes)

Purpose: Create a strong foundation of evidence that contradicts your fear-based beliefs

Step 1: Identify Your Core Fear-Based Beliefs (5 minutes)

Look back at your fear inventory from Day 1 and thought records from Day 6

My top 3 fear-based beliefs about myself:

1. "I am _____"
2. "I will _____"
3. "People think I'm _____"

Step 2: Evidence Collection for Belief #1 (4 minutes)

Fear-based belief: "I am _____"

Evidence that contradicts this belief:

Past achievements:

- _____
- _____

Skills and strengths:

- _____
- _____

Times I've overcome challenges:

- _____
- _____

Positive feedback I've received:

- _____
- _____

Step 3: Evidence Collection for Belief #2 (3 minutes)

Fear-based belief: "I will _____"

Evidence that contradicts this belief:

- _____
- _____
- _____

Step 4: Evidence Collection for Belief #3 (3 minutes)

Fear-based belief: "People think I'm _____"

Evidence that contradicts this belief:

- _____
 - _____
 - _____
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Self-Sabotage Awareness (2 minutes)

Purpose: Recognize the hidden costs of avoidance

Think about your procrastination patterns. Complete these sentences:

"When I avoid tasks to protect myself from failure, I actually create
_____"

"The price I pay for avoidance includes:"

- _____
- _____
- _____

"Avoidance is supposed to help me, but it actually makes me feel
_____"

Evidence Review Practice (1 minute)

Choose one piece of evidence from today's work that feels most powerful:

How does this evidence change how you think about yourself?

Tomorrow's Preparation

Tomorrow we'll work on sitting with uncomfortable feelings without immediately acting on them.

Evidence Building Thought:

"The facts about my capabilities are stronger than my fears. I have proof of my resilience."
