WEIGHING THE EVIDENCE

Immediate/Automatic Thought (in quotes)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| EVIDENCE FOR THE ABOVE THOUGHT | EVIDENCE AGAINST THE ABOVE THOUGHT |
|  |  |

**\*EVIDENCE IS TANGIBLE, MEASUREABLE, OBSERVABLE…ONES THOUGHTS DO NOT COUNT AS EVIDENCE\***