

Tips for gathering evidence for and against your thought

When you are completing your evidence for and against your thought worksheet having the following tips and questions to work through can be helpful:

- ✦ *Start with the evidence that supports your thought. Then move on to gather evidence against the thought.*
- ✦ *Put the thought on trial, what evidence for and against it is there that would stand up in a court of law?*
- ✦ *Is this evidence fact or opinion?*
- ✦ *What would other witnesses in your life say when asked to give evidence against the thought? Friends, family or co-workers for example?*
- ✦ *Do I believe the thought 100% all of the time?*
- ✦ *If I believe the thought 70% for example, what makes up the other 30% that doesn't believe it?*
- ✦ *How would I think about the situation if I wasn't feeling this way?*
- ✦ *What would I say to a friend in the same situation as me?*
- ✦ *Is there a more balanced way of looking at things?*
- ✦ *Are there any other ways that I could look at this situation?*
- ✦ *Will this thought matter in five years' time?*
- ✦ *Is this way of thinking helping me to achieve my goals?*
- ✦ *Is there something I can learn from this situation, to help me next time?*