

Reviewing the Evidence

Identified thought: _____

Degree of belief (0-100%) _____

Evidence for:	Evidence against

Degree of belief in thought now (0-100%): _____

Action plan to further test the thought: _____

Generating Alternatives

Identified thought: _____

Degree of belief (0-100%) _____

List all other possible viewpoints or explanations	What is the evidence for this?

Degree of belief in original thought now (0-100%): _____

Is more information needed to decide which of the above is more likely or logical? Yes No

If so, how could this be obtained?

Action plan:

Decatastrophizing

My worst fear	How likely is this? (0-100%)	What would I do if it did happen? How would I cope?	What is the most likely outcome?