Examining the Evidence

When we *examine the evidence*, we treat all thoughts as *hypotheses* rather than actual, proven facts. You should think of yourself as a *scientist*, looking for evidence to support or discredit your theory. For example, the thought "*I'm going to fail this job interview*" should be subjected to empirical questions. These include: Is there evidence to support this thought? Is there any evidence that goes against this thought? And, if the negative thought is true, what can I do to cope with it? By treating your automatic thoughts as *hypotheses*, rather than proven fact, you can take greater control of your internal experiences, deal more constructively with situations that create anxiety, and begin to identify distortions in your thinking.

TRIGGERING EVENT (describe):

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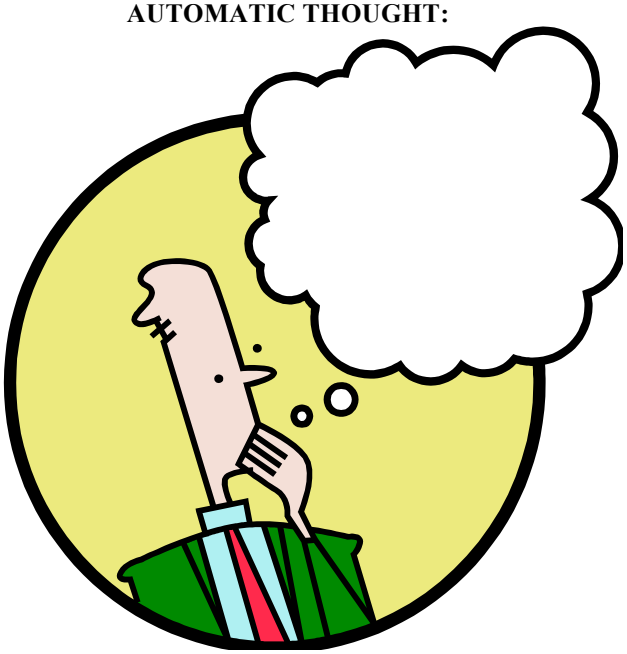
AUTOMATIC THOUGHT:



EVIDENCE THAT SUPPORTSTHE THOUGHT	**EVIDENCE THAT GOES AGAINST THE THOUGHT**
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What type of cognitive distortion is this (see list)? _____

Are there any possible alternative outcomes for this situation or how I am feeling? What are they? _____

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