



Weighing the evidence

An Everyday Insight tool
mythoughtrecord.com



Session 2 of 4 in a Thought Record group. Weighing the evidence.

NAME

DATE

1 Thinking styles

Some thoughts follow familiar patterns. Naming the pattern can make a thought easier to question. Match each example to the style that fits best. Some fit more than one.

All-or-nothing thinking. Seeing things in only two categories, like a total success or a total failure.

Discounting the positive. Deciding that good things don't count.

Fortune telling. Predicting that things will turn out badly.

Magnifying and shrinking. Blowing up the bad and shrinking the good.

Mind reading. Assuming you know what someone else is thinking.

Personalizing and blaming. Taking all the blame, or putting all of it on someone else.

Catastrophizing. Jumping to the worst possible outcome.

Emotional reasoning. Believing something is true because it feels true.

Labeling. Calling yourself or someone else a name, like "loser," instead of describing what happened.

Mental filter. Focusing on one negative detail and missing the rest.

Overgeneralizing. Treating one event as a never-ending pattern.

Should and must statements. Rigid rules about how you or others ought to be.

THOUGHT

THINKING STYLE

"I messed up one question, so the whole interview was a disaster."

"He didn't say hi. He must be angry with me."

"I'll never get better at this."

"I feel stupid, so I must be stupid."

"They only said it went well to be nice."

"I should be over this by now."



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2 A thought from your week

Pick one moment from your log, or a new one.

THE SITUATION

FEELINGS, ONE WORD EACH, AND HOW STRONG EACH WAS, 0 TO 100

THE HOT THOUGHT

HOW MUCH I BELIEVE IT, 0 TO 100 _____

THINKING STYLES IT MIGHT FIT

3 Weighing it

Facts only, the things anyone who was there could confirm. Be fair to the thought, then look at what doesn't fit.

EVIDENCE FOR

EVIDENCE AGAINST

4 Questions to ask about a thought

Use these with a partner, or on your own.

- | | |
|--|--|
| • What are the facts, the things anyone who was there could confirm? | • What doesn't fit with the thought, or suggests it isn't the whole story? |
| • Is there another way to see this? | • What would I tell a friend who had this thought? |
| • What would someone who cares about me point out? | • Am I treating a feeling as a fact? |
| • What's the worst that could happen, the best, and the most likely? | • If the thought is true, what can I do about it? |

