

Evidence For & Against

Examine an anxious or self-critical thought without trying to prove it wrong. The question is whether the available evidence supports the conclusion as strongly as it initially felt.

1 Name the thought -> 2 Check the evidence -> 3 Update the conclusion

Situation

What happened? Keep observable facts separate from your interpretation.

Thought I am examining

Write the thought as it appeared in your mind.

Belief before

How strongly do you believe it?
0-100%

Evidence that supports it

Facts only. What genuinely points in this direction?

Evidence that does not support it

What facts, context, or alternative explanations are easy to overlook?

What am I assuming?

What am I treating as known even though I do not actually know it?

Other plausible explanations

What else could fit the facts without pretending everything is fine?

Most balanced conclusion

Write the conclusion that best fits all the evidence. It can still include uncertainty or difficulty.

Belief now

How strongly do you believe the original thought now? 0-100%

Next useful step

What is worth doing - if anything?
