Validating your Thoughts



What evidence is there to support, or not support, your thoughts?

Identify evidence to support, or not support, your thought. Based on the evidence you collect, determine a believable, evidence based alternative thought.

	Situation	Moods	Behaviours and Physical Reactions	Hot Thoughts	Evidence supporting thoughts	Evidence not supporting thoughts	Balanced thought (based on evidence)	New Moods
	Describe the situation. Who, what, where, why, when.		Describe what you did, and how your body reacted to the situation.	List your thoughts related to your mood. What were you thinking? Choose a thought to focus on.	Write any factual evidence supporting your thought. Try to avoid interpretations and/or assumptions and stick to fact.	Write any factual evidence, which does not support your thought.	Determine alternate thoughts supported by your evidence. Rate how much you believe in the alternate thoughts.	List your moods after determining a balanced thought, rate each mood (1 - 10)
Your Evidence								