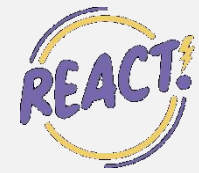




Evidence for and against



Situation	Unhelpful thoughts you experienced	Evidence to support these thoughts	Evidence against these thoughts	What are your thoughts now?	How are you feeling 1-10?
E.G. Walking into dining hall at lunch.	I'm going to fall over Everyone's going to laugh.	Sometimes people spill drinks so I could slip.	It's never happened before. I always look where I'm going.	I more than likely will not fall and people won't laugh.	6.