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.

Catastrophizing. Jumping to the worst possible outcome.

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

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

Fortune telling. Predicting that things will turn out badly.

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

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

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

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

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

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

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

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