



# EVIDENCE FOR VS AGAINST

A Tool for Challenging Unhelpful Thinking Habits

## What Is This Tool?

Sometimes our thoughts feel true—but aren't fully accurate. This worksheet helps you:

- Slow down your thinking
  - Look at facts, not just feelings
  - Challenge unhelpful thinking habits
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## What Happened?

Describe the situation:

  
  
  
  
  
  
  
  
  
  

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## What's the Thought?

Write the thought that's bothering you:

  
  
  
  
  
  
  
  
  
  

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## Identify the Thinking Trap

Which unhelpful thinking habit might be showing up?

- All-or-Nothing Thinking
- Catastrophizing
- Mind Reading
- Overgeneralization

- Filtering (focusing only on the negative)
  - Personalization
  - “Should” Statements
  - Other: \_\_\_\_\_
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## Evidence Check

### Evidence FOR the Thought

(What facts support this thought?)

### Evidence AGAINST the Thought

(What facts do NOT support it?)

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## Look at the Bigger Picture

Ask yourself:

- Am I ignoring important facts?  Yes  No
  - Am I focusing only on the negative?  Yes  No
  - Would someone else see this differently?  Yes  No
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## Create a Balanced Thought

Now combine both sides to form a more realistic thought:

**Balanced Thought:**

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## Action Step

What is one small, helpful action you can take?

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## Reflection

How do you feel after looking at both sides?

- More calm
  - More clear
  - Less overwhelmed
  - Still unsure
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*Thoughts are not always facts. Feelings are real—but they don't always tell the full story.*

*Look at the evidence, not just the emotion.*

***Facts over fear.***