

## EXERCISE: Strengthening New Thoughts

Use Worksheet 10.1 as a guide for testing and strengthening a new alternative thought.

### WORKSHEET 10.1. Strengthening New Thoughts

Looking over the Thought Records or other exercises you have completed so far, choose one balanced or alternative thought that you believed less than 50%. Write the thought and your belief rating of it here:

Thought: \_\_\_\_\_ Rate % belief: \_\_\_\_\_

Over the next week, look for evidence each day that supports this new thought. Write down whatever evidence you find. If possible, make sure you do things that will provide evidence one way or the other:

At the end of the week, rerate your belief in the new thought: \_\_\_\_\_%

Did looking for and recording evidence strengthen your belief in your new alternative or balanced thought?

\_\_\_ Yes \_\_\_ No     Why or why not?