

EXERCISE: Identifying Evidence That Supports and Doesn't Support Hot Thoughts

Just as Linda asked herself the questions from the Helpful Hints on page 75 to help her gather evidence that did not support her hot thought, you can use the same questions to look for evidence that doesn't support the hot thoughts you identified on your copies of **Worksheet 7.4** (pp. 64–67). Look back at these copies of **Worksheet 7.4** now. Choose two or three of these thoughts to continue working with on **Worksheet 8.2** on the following pages. Alternatively, if you do not want to continue working with the thoughts you identified on your copies of **Worksheet 7.4**, identify two or three situations in which you recently had strong moods, and complete copies of **Worksheet 8.2** for them.

On each copy of **Worksheet 8.2**, circle or mark the hot thought that you will test. In columns 4 and 5, write out information that supports and doesn't support the hot thought you marked.

Try to list in column 4 only factual evidence that supports your hot thought, not your interpretations of the facts. For example, "Peter stared at me" is an example of factual evidence. The statement, "Peter stared at me and thought I was crazy," would not be factual unless Peter had actually said aloud, "I think you are crazy." If Peter had been staring silently, your assumption that you knew what he was thinking is a guess and may or may not be accurate.

Once you have completed column 4, ask yourself the questions in the Helpful Hints on page 75 to look for evidence that does not support your hot thought. Write down in column 5 each piece of evidence you uncover. Completing these two "Evidence" columns of the Thought Record allows you to evaluate your hot thought from different angles, and may provide information that will help you develop an alternative way of seeing things.

WORKSHEET 8.2. Where's the Evidence?

THOUGHT RECORD

1. Situation	2. Moods	3. Automatic Thoughts (Images)	4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
<p>Who were you with? What were you doing? When was it? Where were you?</p>	<p>Describe each mood in one word. Rate intensity of mood (0–100%). Circle or mark the mood you want to examine.</p>	<p>Answer the first two general questions, and then some or all of the questions specific to the mood you marked in column 2:</p> <p>What was going through my mind just before I started to feel this way? (General) What images or memories do I have in this situation? (General) What does this mean about me? My life? My future? (Depression) What am I afraid might happen? (Anxiety) What is the worst that could happen? (Anxiety) What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame) What does this mean about the other person(s) or people in general? (Anger) Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did it? (Guilt, Shame)</p>	<p>Circle hot thought in previous column for which you are looking for evidence. Write factual evidence to support this conclusion. (Try to write facts, not interpretations, as you practiced in Worksheet 8.1 on p. 72.)</p>	<p>Ask yourself the questions in the Helpful Hints (p. 75) to help discover evidence that does not support your hot thought.</p>		