

Examining the Evidence for Automatic Thoughts Worksheet

Instructions:

1. Identify a negative or troubling automatic thought.
2. Then list all the evidence that you can find that either supports ("evidence for") or disproves ("evidence against") the automatic thought.
3. After trying to find cognitive errors in the "evidence for" column, you can write revised or alternative thoughts at the bottom of the page.

Automatic thought:

Evidence for automatic thought:

1.

2.

3.

4.

5.

Evidence against automatic thought:

1.

2.

3.

4.

5.

Cognitive errors:

Alternative thoughts: