Examining the Evidence for Automatic Thoughts Worksheet

Instructions:				A s h
1. Identify a negative or troubling aut	omatic thought.			
2. Then list all the evidence that you automatic thought.	can find that either s	upports ("evidence for") or disproves ("e	evidence ag	ainst") the
3. After trying to find cognitive errors bottom of the page.	in the "evidence for	column, you can write revised or alter	native thou	ghts at the
Automatic thought:)			
1 1 E				
r v i				
2 2				
Evidence for automatic thought:		Evidence against automatic thought	•	
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2.		2.		
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3.		3		
3.		3.		
4				
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4.	8	4.		
5.		5.		
Cognitive errors:		7	-	
•				
Alamatanahamaha				
Alternative thoughts:				
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	-			

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