

## Test of Evidence

When looking at your thoughts, identify which thoughts are most closely related to your negative feelings. These are your hot thoughts. We want to test these thoughts to verify whether or not they are balanced. To do so you must list factual evidence that proves the thought true or disproves the thought.

Thought is True	Thought is NOT True

When you are finished with this part of the exercise. It is time to come up with an alternative thought that incorporates this evidence. Often times this will be a more balanced thought (e.g. moving from "nothing ever works out for me" to "I have been having a streak of bad luck, but overall many things go my way"). Rate how strongly you believe this new thought, using a percentage.

**Alternate thought:**

