

Evidence For and Against Worksheet

This worksheet helps you evaluate the accuracy of a thought by examining the facts that support it and the facts that do not. Looking at all the available evidence can help reduce emotional reasoning, challenge cognitive distortions, and develop a more balanced perspective.

Step 1: Describe the Situation

What happened? Briefly describe the situation that triggered your thoughts or emotions.

Step 2: Identify the Thought

What thought is causing distress?

How strongly do you believe this thought right now? (0–100%) _____

Step 3: Evidence For the Thought

List only objective facts that support the thought. Avoid assumptions, judgments, opinions, or interpretations.

Step 4: Evidence Against the Thought

List objective facts that do not support the thought or suggest a different explanation.

Step 5: Alternative Perspectives

After reviewing all the evidence, what are some other possible ways to view the situation?

Step 6: Create a Balanced Thought

Based on all the evidence, write a more balanced and realistic thought.

Step 7: Reevaluate

How strongly do you believe the original thought now? (0–100%) _____

How strongly do you believe the balanced thought now? (0–100%) _____

