

<b>Theory A</b>	<b>Theory B</b>
<b>The problem is... That these thoughts mean...</b>	<b>The problem is... <u>Worrying</u> that these thoughts mean...</b>
<b>List your evidence which supports this belief:</b>                <b>Once you have listed your evidence – consider which evidence would stand up in a court of law as a FACT.</b>	<b>List your evidence which supports your alternative belief that it is just a <u>worry</u>:</b>                <b>Evidence has to be <u>reality based</u> – admissible in a court of law as a FACT.</b>
<b>What do I need to do?</b>	<b>What do I need to do?</b>