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

Keith Chadwick 2015 www.livingcbt.com