

Examining the Evidence Worksheet



Imagine the last time you had a negative thought (I can't do this, I'm not good enough). Now imagine you have been called to the court and the judge and the jury are trying to decide whether that thought is true. What evidence can you present that the statement is not true or help the jury to consider the thought more clearly?



Situation	Thought I have	Evidence the thought is not true	Times that tell me the thought is not true	What do I think now?
My friends have not invited me to a party	They don't like me	My friend called earlier, and we chatted for ages. I have been invited out with them for dinner next week. One of my friends really helped me earlier with some class work	I have been invited to parties before Nobody seems upset with me. No one has told me I am not liked	They had to restrict numbers, but they would have me there if they could. I am liked
