

What the Evidence Says

Takes one harsh thought about yourself and lays out what actually backs it up.

WHEN TO USE THIS

Use this when a hard thought about yourself feels like plain fact.

Write the thought in one line, the way it sounds in your head.

What backs it up, and what does not?

POINTS TO IT

POINTS AWAY FROM IT

After writing both sides, how true does the thought feel now?

0	1	2	3	4	5	6	7	8	9	10
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Not true

Completely true

Write a fairer version of the thought. Not nicer. Fairer.

A thought can be old, loud and familiar and still be wrong.