

THINK GOOD – FEEL GOOD



# Looking for evidence

<p><i>Day and time</i></p>	<p><i>Thoughts</i>  <i>What were your thoughts?</i>  <i>Rate how much you believe them</i></p>	<p><i>Support</i>  <i>What evidence supports your thoughts?</i></p>	<p><i>Challenge</i>  <i>What evidence challenges this thought?</i></p>	<p><i>Best friend</i>  <i>What would I say to them?</i>  <i>What would they say to me?</i>  <i>Rate how much you believe this now</i></p>	
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