

## Reviewing the Evidence

Identified thought: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Degree of belief (0-100%) \_\_\_\_\_

Evidence for:	Evidence against

Degree of belief in thought now (0-100%): \_\_\_\_\_

Action plan to further test the thought: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_