**Worksheet 12.2** Evidence recording and revised thought

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| --- | --- | --- |
| My hot thought | | Belief in the thought (0–100) |
|  | |  |
| Evidence for the thought | Evidence against the thought | |
|  |  | |
| My revised thought | | Belief in the revised Thought (0–100) |
|  | |  |
| The original emotion I felt | Strength of this emotion in light of my revised thought (0–100%) | |
|  |  | |