

Weighing The Evidence

This is a tool that can help you become aware of negative thoughts and then test whether or not they are true, allowing you to reframe them in a way that is more reasonable and less distressing.

 Self-Criticism  20 Minutes  Advanced

What negative thoughts am I telling myself right now?

I will never get promoted

What evidence do I have that this is true?

*I have been in my current role for two years and haven't been promoted
My colleague in a different department told me that it is really difficult to get promoted here*

What evidence do I have that this is not true?

*My manager has told me that the standard time frame for a promotion is three years
My colleague's department has a reputation for slow promotions, my department does not*

**Given all the evidence provided, how can I reframe my thought
to make it more balanced?**

*It is not that I will never get promoted, it's just not my time yet
It is normal to be frustrated but I can use this time to my advantage, learning more about the
company and taking part in extra training until my time comes*



Full Instructions

Individuals with high hope tend to **acknowledge** their negative thoughts without letting them take control of their overall outlook on life.

In contrast, those with low hope often **focus excessively** on negative thoughts which leads to self-doubt and giving up.

Next time you catch yourself thinking in this way, write the thought down. Then, using this worksheet:

1. Write down all of the evidence that **supports** your statement.
2. Write down all of the evidence that **contradicts** your statement.
3. Once you have done that, you should be able to create a **more balanced thought**.

Note: evidence must be hard facts, not yours or anyone else's opinion.