



Thought Modification

Whenever a disturbing **thought** pops in your head, write it down.



Write down the **emotion** and the **intensity** associated with it



Write down the evidence that **supports** that thought



Write down the evidence that **refutes** that thought



Write down a conclusion that results from **all** evidence



Notice if the **emotion** and the **intensity** have reduced with your conclusion



Thought	Emotion (/10)	Evidence that <u>supports</u> my thought	Evidence that <u>refutes</u> my thought	Conclusion	Emotion (/10)
Example: This treatment is not going to work	Sadness 10/10 Hopelessness 10/10	It hasn't worked in the past	I'm doing a different protocol, I have a knowledgeable team, I have a better diet, I have better support.	Even though this treatment hasn't worked in the past, I am doing several things differently that give me a better chance.	Sadness 6/10 Hopelessness 6/10