

## PRACTICE WITH "WHERE'S THE EVIDENCE?"

The situations below describe some activating events which may cause changes in your mood. Think about the Beliefs that might be generated by these activating events, as well as the Consequences that could result. Use the "Where's the evidence?" technique to think of other ways to think about and deal with the events listed below.

**1. Your best friend has been blowing you off since he/she got into a new relationship.**

What Belief might be generated? \_\_\_\_\_

What might the Consequence be? \_\_\_\_\_

Is there any evidence that my Belief is not true? \_\_\_\_\_

\_\_\_\_\_

How might this change the Consequence above? \_\_\_\_\_

\_\_\_\_\_

**2. The person you are romantically interested in becomes involved with someone else.**

What Belief might be generated? \_\_\_\_\_

What might the Consequence be? \_\_\_\_\_

Is there any evidence that my Belief is not true? \_\_\_\_\_

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How might this change the Consequence above? \_\_\_\_\_

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**3. You freeze up on a test and get a bad grade.**

What Belief might be generated? \_\_\_\_\_

What might the Consequence be? \_\_\_\_\_

Is there any evidence that Belief is not true? \_\_\_\_\_

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How might this change the Consequence above? \_\_\_\_\_

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