

Name: _____ Date: _____ Event No.: _____

11. Reviewing the History of Other People

Complete this worksheet if you decided to review the way that other people act and think on 5. Planning to Get More Evidence about a Causal Thought. Otherwise go on to the next worksheet.

Causal Thought _____

1. Think carefully about all your friends, family, their children, and your acquaintances. Who among them best disproves the causal thought by their everyday actions and behaviours. What does s/he do that proves the causal thought is wrong?

2. Have any dangerous or bad outcomes happened to this person because s/he doesn't believe in the causal thought? If so, how serious or harmful were the outcomes?

3. Has any harm come to your family or friends because they don't believe in the causal thought? If so, how great was the harm? How bad was the outcome?

4. What have you learned about the likelihood or severity of the feared outcome by reviewing the lives of other people? Is it as likely as you had previously thought? (see worksheet 3 for your previous belief in the causal thought). Is it as bad as you had previously thought?

5. Complete the rest of worksheet 6. Getting Extra Evidence about a Causal Thought, and use this information to help you complete worksheet 13. Reappraising a Causal Thought.

