

Name: _____

Date _____

Event No. _____

6. Getting Extra Evidence about a Causal Thought

Complete one of these worksheets for **each activity** that you and your therapist have planned on worksheet 5. Planning to Get More Evidence about a Causal Thought. Make sure you complete questions 1, 2, and 3 with your therapist **before** you carry out the planned activity.

Causal Thought. _____

(1) Planned Activity.

(2) What do you expect to happen? What do you predict will occur? (Try to be specific about your predictions).

Prediction 1. _____

Prediction 2. _____

Prediction 3. _____

(3) How certain are you about these prediction(s)? Rate your confidence (0-100) that each prediction will occur?

Prediction 1 (0-100). _____

Prediction 2 (0-100). _____

Prediction 3 (0-100). _____

(4) What happened when you carried out the planned activity? Did your prediction(s) come true?

(5) If you were carrying out the same activity again, or a similar activity, what would you predict would happen?

Prediction 1. _____

Prediction 2. _____

Prediction 3. _____

(6) What have you learned by carrying out the planned activity? Did you find evidence for or against the causal thought? Has this activity changed the way you think about the causal thought?

