

Guide  
UK English

# Evaluating Unhelpful Automatic Thoughts



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Mr. Anderson is going to get angry. He might yell at me and hit me.



Mr. Anderson is a very nice person. He would never yell at me or hit me. He is a very kind and understanding person. He is not at all likely to get angry or hit me.

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Guiding you through the process of evaluating your thoughts

## Skill 3: Examining the evidence for and against your thoughts

Our thoughts aren't facts. They're assumptions, inferences, beliefs, automatic thoughts and opinions, or best guesses about what is going on in our lives.

The problem is that these guesses aren't always accurate or useful.

Remember, the aim of evaluating thoughts as CBT is not to think happy thoughts but it is to think accurately. How can you test your guesses (automatic thoughts) into more accurate interpretations?

Examining the evidence for and against your thoughts can help you evaluate whether your thoughts are useful and work for you, rather than against you.



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# Evaluating Stress A Resource Guide

**Jin-Ying Zhang**



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