

# Evidence For and Against, for Generalized Anxiety

What is something that you are currently worried about? (You can take a worry from your Spot the Thought worksheet.)

What evidence do you have that this thought is true? (Remember to stick with the facts.)

What evidence do you have that this thought is not 100 percent true?

What is an alternative thought? (You can take what is most true from evidence for and evidence against to come up with a more balanced and accurate thought.)