FORM 5.2

Using All the Information

When we are feeling anxious or down, we tend to limit our search for information. When we come up with an example of a negative, we think we have proved that things are very negative. The question is whether we have simply engaged in a limited search for information and have discontinued looking for information against our negative belief. It is important to use as much information as possible. Write down your negative belief in the left-hand column, and then over the next week collect examples of information (from the past or present) that are consistent with the negative belief (middle column) and examples of information that are inconsistent with the negative belief (right-hand column). What do you notice?

Negative belief or prediction	**Examples in favor of belief**	**Examples against belief**

From *Cognitive Therapy Techniques: A Practitioner's Guide, Second Edition*, by Robert L. Leahy. Copyright © 2017 The Guilford Press. Permission to photocopy this material is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).