

## CBT 4 AOD: GUIDED DISCOVERY

NAME:

DATE:

*THOUGHT / BELIEF* (Identify and define the belief)

Strength Rating

0

Don't believe

100

Totally believe

*EVIDENCE FOR*

*EVIDENCE AGAINST*

*IS ANYTHING BEING OVERLOOKED?*

*DOES THE EVIDENCE SUPPORT MY THOUGHT / BELIEF?*

*DOES THIS CHANGE THE STRENGTH RATING?*

0

Don't believe

100

Totally believe