

# Weighing the Evidence



20 Minutes



Become aware of any negative thoughts, test whether or not they are true and reframe them in a way that is more reasonable and less distressing.

## What negative thoughts am I telling myself right now?

*I will never get promoted...*

## What evidence do I have that this is true?

*I have been in my current role for two years and haven't been promoted...*

*My colleague in a different department told me that it is really difficult to get promoted here...*

# Weighing the Evidence



## **What evidence do I have that this is not true?**

*My manager has told me that the standard time frame for a promotion is three years...*

*My colleague's department has a reputation for slow promotions, my department does not...*

## **Given all the evidence provided, how can I reframe my thought to make it more balanced?**

*It is not that I will never get promoted, it's just not my time yet...*

*It is normal to be frustrated but I can use this time to my advantage, learning more about the company and taking part in extra training until my time comes...*

Individuals with **high hope** tend to acknowledge their negative thoughts without letting them take control of their overall outlook on life.

In contrast, those with **low hope** often focus excessively on negative thoughts which leads to self-doubt and giving up.

Next time you catch yourself thinking negatively, write the thought down. Then, using this worksheet:

1. Write down all of the evidence that supports your statement.
2. Write down all of the evidence that contradicts your statement.
3. Once you have done that, you should be able to create a more balanced thought.

*Note: evidence must be hard facts, not yours or anyone else's opinion.*