

Theory A/B

A problem and a worry aren 't the same. This tool separates them and helps you manage a problem or tolerate a worry.



**PROGRESS
PSYCHOTHERAPY**

Theory A- this thought is happening (write what it is)	Theory B- This is a worry
Evidence for Theory A (proof and not assumptions)	Evidence for Theory B
What do I do if Theory A is true? (make a plan but only fill this in if A is true)	If B is true this is just a worry. How much better will my life be if I remember Theory B is true?