

Big-Picture Evidence Log

Questions	Your Responses
What happened?	
As a result, what did you think and feel? (Be specific.)	
What evidence <i>supports</i> how you're thinking and feeling?	
What evidence <i>contradicts</i> how you're thinking and feeling?	
Considering all the evidence, what's a more <i>accurate and fair</i> way to think and feel about this situation?	
What can you do to cope with this situation in a healthier way?	