


Cognitive Behavioral Immersion™ Tools

Reframing Questions & Evidence For and Against

-  *Reframing Questions are a great resource for helping us find new perspectives and deconstruct our automatic thoughts. By critically examining these thoughts with four pivotal questions, we can uncover and modify the underlying beliefs that contribute to our emotional distress.*

INSTRUCTIONS

1. Identify an automatic thought you've had about yourself or a troubling situation.
2. Answer each of the four Reframing Questions.
 - a. For the first one, you can use the Evidence For and Against Tool on the third page: write your automatic thought above the two-column table. Take a breath and then take a few minutes to **objectively** assess the evidence for how true the thought is (evidence for) and evidence for how *untrue* the thought is (evidence against).
3. Reflect on your answers to the Reframing Questions. Do you think you've found additional, reasonable perspectives on your automatic thought? Do you still think your automatic thought is as true as you initially believed?



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EVIDENCE FOR AND AGAINST TOOL

Thought: _____

Evidence For (Evidence that the thought is true)	Evidence Against (Evidence that the thought is NOT true)



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Innerworld

NOTES:

Tools and community for your mental health journey.

Innerworld is a peer-driven mental health app built for VR, desktop, and mobile. We offer over 200 weekly, anonymous events around topics like anxiety, depression, and more.



Learn more at <https://inner.world/app>