



### Realistic Thinking Detective Evidence Sheet

<b>Event</b> What is happening?	
<b>Thoughts?</b> What am I thinking?	<b>Worry Rating:</b>
<b>What is the evidence?</b> What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
<b>What is my realistic thought?</b>	<b>Worry Rating:</b>



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