

Thought Challenging – Theory A vs Theory B

<p>Theory A</p> <p>My problem is...</p>	<p>Theory B</p> <p>My problem is I worry that...</p>
<p>Evidence for Theory A</p>	<p>Evidence for Theory B</p>
<p>If Theory A is true, then I need to...</p>	<p>If Theory B is true, then I need to...</p>
<p>The consequences of acting as if Theory A is true, are...</p>	<p>The consequences of acting as if Theory B is true, are...</p>