

Theory A / Theory B

Theory A

How do you see the problem at the moment?

What is your belief about the problem now? How much do you believe it?

My evidence for thinking this way is:

What are your reasons for believing that theory A is true?

What do I need to do if Theory A is true?

Given that you believe theory A is true, how do you cope? Do you use any safety behaviours?

If Theory A were true, what would it mean for me and my future?

If you carry on living by Theory A, what impact will it have on your life?

Theory B

What is another way of thinking about the problem?

What is an alternative way of looking at the problem? How much do you believe it?

Are there any reasons to think Theory B is true?

What evidence supports this alternative theory?

How can I find out whether Theory B is true?

What behavioural experiments could you do to find out whether Theory B is true?

If Theory B were true, what would it mean for me and my future?

If Theory B were true, how would you be able to live your life differently?