

Theory A/B

In this exercise we will begin to work through the different possible outcomes of an event, thought, physical sensation or prediction. Theory A acts as our 'worst possible outcome', whilst Theory B helps us to acknowledge alternative perspective.

THEORY A

How do you see the problem at the moment?

What is your evidence for thinking this way?

How much do you believe Theory A to be true? (%)



THEORY B

What is an alternative way we can look at this problem?

Is there any evidence that theory B might be true?

Don't be afraid to write more than one alternative.



FINDINGS

Re-rate your Theory A percentage

Given the evidence, what is the likely outcome of your problem?
