

Synthesising viewpoints



PROGRESS
PSYCHOTHERAPY

It can be challenging when there seem to be 2 reasonable viewpoints. This could be 2 ways for you to look at one topic or your view and someone else's. This tool can help balance them.

Situation or topic- what happened and how do I feel about it?

Viewpoint 1 and evidence

Viewpoint 2 and evidence

Conclusion- considering the evidence what seems correct to me?