



Progress
Psychotherapy

Theory A/B

A real thought and a hypothetical worry aren't the same. This tool separates them and helps you manage a real situation or tolerate a worry.

Thought/ what if

Evidence this is accurate (Theory A)

Evidence this is hypothetical worry (Theory B)

If Theory A is true write a plan to address the situation. If Theory B is true write how much better your life will be if you treat hypotheticals as just hypothetical