Theory A/B

Progress Psychotherapy

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	

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