

Now let's apply these five rules of good decision-making in Steps 7 and 8.

Step 7 Review the evidence

In Step 7 we want you to have a go at three exercises designed to help you think through the evidence for your suspicious thoughts.

Exercise A: Assessing the evidence for your main suspicious thought

First, write down the suspicious thought that's worrying you most:

Next rate how strongly you believe it (give a figure from 0 to 100 per cent):

OVERCOMING PARANOID AND SUSPICIOUS THOUGHTS

Now use the table below to list the evidence that supports the thought – and the evidence that doesn't.

Evidence for:	Evidence against:

It's often difficult to think of the evidence against our suspicious thoughts – especially if those thoughts are causing us distress. If you're finding it hard, ask yourself these questions:

LEARNING SAFETY

- *Is there anything that might suggest the thought could be wrong?*
- *What would my family or friends say if I talked to them about the thought? (It would actually be a great idea to ask them.)*
- *What would I say to a friend who came to me with a similar problem?*
- *What good things have happened to me that contradict the thought?*
- *Are there any alternative explanations for what seems to have happened?*
- *Are my thoughts based more on the way I feel than on solid evidence?*
- *Have I been jumping to conclusions?*
- *Am I exaggerating the chances of anything bad happening to me?*
- *Am I being over-sensitive?*
- *Am I misinterpreting things because I'm feeling anxious or down?*
- *If I was feeling happier would I still think of things in the same way?*
- *Are my past experiences getting in the way of me seeing the present situation clearly?*