





Get Your Life Back

Write your own NAT in the table below. You can copy it from the 'thought' column you filled in earlier, if you like:

Thought	Evidence for	Evidence against
	 _____ _____ _____	 _____ _____ _____
	 _____ _____ _____	 _____ _____ _____

Write your 'realistic' or 'balanced' thought here. This should be what you think is a realistic statement based on all the evidence above (you might need to ask your perfect nurturer or best friend for help with this):



Well done! We will come back to this later.