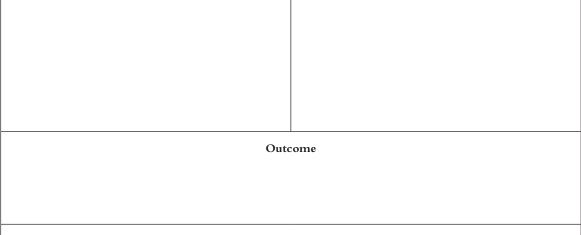
## **EXERCISE 6**

## EVIDENCE FOR AND AGAINST UNCONTROLLABILITY THOUGHTS ABOUT DRINKING

Uncontrollability thoughts	Belief in each thought (0–100%)
Evidence for	Evidence against



Re-rating of belief in each thought (0-100 per cent)