## Evidence For/Against Table Date: \_\_\_\_\_ **Starred Thought** (verbatim): **Intensity of Belief** (0-100%): **Evidence FOR the Thought** (facts only): **Evidence AGAINST the Thought** (facts only): Weigh the Scales (strongest items circled):

New Belief Score (0-100%) + Emotional Shift:

Balanced View (realistic reframe):