

## EXAMINING THE EVIDENCE



### Example:

Belief (thought): The bilirubin lights are a sign that my baby has taken a turn for the worse.

#### Evidence for

- My infant needs special treatment for jaundice.
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#### Evidence against

- Jaundice is common, even in full-term babies.
- All the doctors and nurses report that this is treatable and will not have any lasting negative effects
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### Your turn:

Belief (thought): \_\_\_\_\_

#### Evidence for

- This is all my fault.
- I will never be able to take my baby home.
- I do not feel I am getting to be a mother.
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#### Evidence against

- I did everything I could to ensure a healthy pregnancy.
- My baby is gaining weight and growing.
- My baby is comforted by my voice and touch.
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## Example:

Belief (thought): \_\_\_\_\_

Evidence for

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Evidence against

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## Your turn:

Belief (thought): \_\_\_\_\_

Evidence for

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Evidence against

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