

## EVIDENCE LOG – JUDGE J

#	<u>Task</u>	<u>Evidence</u>
	<p>List each task to experiment with and then collect the evidence once you have completed the task.</p> <ul style="list-style-type: none"> <li>• Remember each task is an experiment – you don't know the outcome even if you think you can predict it!</li> <li>• Each task needs to be graded by level of difficulty, challenge or perceived threat– start off with an easy task and build up to more challenging ones!</li> </ul>	<p>List <u>ALL</u> evidence from the task. Remember evidence that is admissible in Judge J's court has to be a <u>FACT!</u> Judge Judy will not accept:</p> <ul style="list-style-type: none"> <li>• HEARSAY – what was told to you or said by another person.</li> <li>• WHAT IF'S – what could/might happen.</li> <li>• MIND READING –what you think another person was thinking.</li> <li>• FEELINGS – just because you feel intense anxiety or FEAR does not mean it is a FACT !</li> </ul>
1		
2		
3		
4		
5		

### Reviewing your evidence:

Discuss with your therapist ALL the evidence you have collected from any tasks undertaken.

Throw out ANY evidence that is not a FACT and which Judge J would not accept in her court!

Then consider the evidence you have and identify up to 3 things you have learnt from the evidence:

1. ....
2. ....
3. ....