Evaluating Evidence

- Use Evidence to Challenge your Pessimistic Beliefs (one concrete and specific piece of evidence is much more powerful than vague generalities)
  - “I’m a horrible mother”
    - Use: “That’s not true. Yesterday I taught Aaron how to use hair gel. Last night I helped Jacob with his fear of thunderstorms. I patiently listened and laughed as Jonathan told the same joke 11 times. I sat quietly with Shayna and sang her favorite songs.”
    - Don’t Use: “I’m the best mother in the world.”

- Beware of Confirmation Bias (The Velcro/Teflon Effect):
  - Velcro for Evidence that matches our Beliefs (it sticks)
  - Teflon for Evidence that does not (it glides right off)
Real-time Exercise

When: When you need to disarm negative thoughts so that you can stay focused on the task at hand.

When not: When you need a thorough, thoughtful and comprehensive understanding of a problem.

How to:

- Generate more accurate Alternative Beliefs
- Use Evidence to prove the Belief is false
- Put It In Perspective

Beware of the Pitfalls!

- Dismissing the grain of truth
- Minimizing the situation
- Rationalizing or excusing one’s contribution to a problem
Real-time Resilience Tag Lines

- Generate more accurate Alternatives
  - A more accurate way of seeing this is...

- Use Evidence to prove the Belief is false
  - That’s not true because....

- Put It In Perspective
  - The most likely implication is...and I can...