CBT-INFORMED

Thought Flexibility Lab

Examine a sticky prediction without forcing a positive answer.

FOR	Teens and adults	**TIME**	15-20 min

This is a lab, not a courtroom. The goal is to widen the view, distinguish facts from interpretations, and build a response that is balanced enough to act on.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Anxiety / Depression / Cognitive flexibility

01

Name the prediction

Choose one thought connected to a current situation.

The situation

What is happening or about to happen?

The thought, in the mind's exact words

Keep it short and specific.

How convincing does it feel?

0 = not at all, 10 = completely

02

Widen the evidence

Include context that supports and complicates the prediction.

Observable facts that support the thought

What could a camera or record confirm?

Observable facts that do not fit the thought

Look for exceptions, missing information, and other outcomes.

What are you assuming or mind-reading?

Separate a possibility from a known fact.

03

Build a workable response

Balanced does not mean cheerful. It means complete enough to guide action.

A fuller sentence

Try: It is possible that..., and it is also true that...

What would help even if the feared outcome happened?

People, skills, choices, or practical steps.

One action this fuller view makes possible

Make it small and observable.

> *Re-rate how convincing the original thought feels. A small shift is still information.*