Theory A and Theory B

Compare two explanations of the problem: that it is danger, or that it is worry about danger.

Name _____ Date _____

Theory A says the problem is the danger itself. Theory B says the problem is the worry about the danger. Both cannot be acted on at once, because each asks you to do the opposite.

Theory A: the problem is...

The danger I fear, in one sentence

Theory B: the problem is...

The worry about that danger, in one sentence

Evidence that fits Theory A

Evidence that fits Theory B

If A is true, what do I need to do?

If B is true, what do I need to do?

Which theory have I been living by? What would it look like to act as if Theory B were true for the next two weeks?

Theory A and Theory B comes from the work of Paul Salkovskis and colleagues on OCD and health anxiety.

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