

Evidence Ledger Worksheet

Standing on the Ledge Worksheet | v1.0 | March 17, 2026

A structured worksheet for separating facts, interpretations, and shame narratives.

Important disclaimer

For educational, reflective, and self-guided use only. Not a substitute for medical care, mental health treatment, legal advice, crisis intervention, or financial advice. Stop if distress increases. If you are in immediate danger or may harm yourself or someone else, contact local emergency services or a crisis line right away.

Use this worksheet after a hard event, conflict, or setback. Move slowly. The goal is a truer reading, not a prettier one.

Event snapshot

Date:

What happened in one sentence:

Who was involved:

Why this hit hard:

Facts vs. story

What I know for sure	What I am assuming or predicting

Shame narrative

What is the worst story my mind is telling right now?

What words or labels am I using against myself?

Counter-evidence

What evidence complicates or contradicts that story?

What would I say to someone else in this exact situation?

Next grounded step

One repair step, if needed:

One thing I do not need to do right now:

Use what helps. Leave what does not. These materials are meant to support reflection and action, not to replace qualified professional care.