## **Challenging Beliefs Worksheet**

Column A	Column B	Column C
Situation	Automatic Thoughts	Challenging Your Automatic Thoughts
Describe the event(s), thought(s), or belief(s) leading to the unpleasant emotion(s).	Write automatic though(s) preceding emotion(s) in Column A.  Rate belief in each automatic though(s) below from 0-100%	Use the <b>Challenging Questions</b> sheet to examine your automatic thought(s) from Column B.
Emotion(s)  Specify sad, angry, etc., and rate the degree you feel each emotion from 0-100%.		
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Column D	Column E	Column F
Faulty Thinking Patterns	Alternative Thoughts	Decatastrophizing
Use the <b>Faulty Thinking Patterns</b> sheet to examine your automatic thought(s) from Column B.	What else can I say instead of Column B?  How else can I interpret the event instead of Column B?  Rate the belief in alternative though(s) from 0-100%.	What's the worst that could ever <u>realistically</u> happen?
		Even if that happened, what could I do?
		Outcome
		Re-rate belief in automatic thought(s) in Column B from 0-100%.
		Specify and rate subsequent emotion(s) from 0-100%.