Challenging Thoughts Exercise

What's the situation?
What am I thinking about this situation?
How much do I believe this thought? a little medium a lot (or rate 0-100%)
How does that thought make me feel? angry sad anxious other
How strong is the feeling? a little medium a lot (or rate 0-100%)
Is this a helpful thought? If so, how does the thought help me?
Is this an unhelpful thought? If so, how is the thought unhelpful to me?
Is there a way to change your thought so that you feel less distressed or bothered? How would you change it?
When thinking about the situation, are you focusing only on one part of it instead of the whole part? If so, what part do you focus on the most?
Are your thoughts of what will happen likely or not very likely?
Are your thoughts based on feelings rather than facts?
Are you making too much or too little of the meaning of the situation?
How much do I believe my original thought now? a little medium a lot (or rate 0-100%)
What am I feeling now? angry sad anxious other
How strong is the feeling? Not strong Fairly strong Very Strong (or rate 0-100%)