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%____________)

Harborview CBT+ 2008