

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% _____)