

Challenging Thoughts Worksheet

What's the situation? _____

What am I thinking or imagining? _____

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% _____)

What is the evidence that makes this thought seem true? _____

What is the evidence that makes this thought seem false? _____

For those thoughts that may have been formed based on what the perpetrator or other people said, is that source reliable? _____

Are you confusing a habit with a fact? Does the belief seem true because you have said this to yourself so many times? _____

Are you using extreme ways of thinking by thinking in all or nothing terms or using exaggerated words or phrases? _____

Are you taking examples out of context by only considering one aspect of the situation at the expense of considering the entire incident? _____

Are you confusing a low probability with a high probability? _____

Are your judgments based on feelings rather than facts? _____

Are you drawing conclusions where evidence is lacking? _____

Are you exaggerating (including catastrophizing) or minimizing the meaning of an event? _____

Are you overgeneralizing from a single event i.e. associating aspects of the assault or perpetrator to other areas of your life? _____

Are you mind reading other people's thoughts or intentions? _____

What is an alternative way of thinking about this 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? a little medium a lot (or rate 0-100% _____)