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%____)