

Challenging Beliefs Worksheet

A. Situation	B. Thought(s)/Stuck Point(s)	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
<p>I have to ride on a plane.</p>	<p>Air travel is dangerous. – 75% I could be killed. – 50%</p>	<p>Evidence For? People have been killed. Evidence Against? Airport security has been increased. Habit or fact? Interpretations not accurate? All or none? Extreme or exaggerated? Out of context? Source unreliable? Low versus high probability?</p>	<p>Jumping to conclusions: Exaggerating or minimizing: Disregarding important aspects: Oversimplifying: Over-generalizing: Mind reading: Emotional reasoning: I feel very small... that I will be hurt or killed flying – 95%</p>	<p>What else can I say instead of Column B? How else can I interpret the event instead of Column B? Rate belief in alternative thought(s) from 0-100% The chances are very small that I will be killed or hurt while flying. – 95% Even if the plane blew up, I could not do anything about it. – 80%</p>
<p>C. Emotion(s)</p> <p>Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%</p> <p>Afraid – 100% Helpless – 75% Anxious – 75%</p>				
<p>G. Re-rate Old Thought(s)/Stuck Point(s)</p> <p>Re-rate how much you now believe the thought(s)/stuck point(s) in Column B from 0-100%</p> <p>15%, 10%</p>				
<p>H. Emotion(s)</p> <p>Now what do you feel? 0-100%</p> <p>Afraid – 40% Helpless – 5% Anxious – 10%</p>				