

Challenging Beliefs Worksheet

A. Situation	B. Thought(s)/Stuck Point(s)	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
<p>Describe the event, thought or belief leading to the unpleasant emotion(s).</p> <p><i>If I express anger, I'll be out of control.</i></p>	<p>Write thought(s)/stuck point(s) related to Column A. Rate belief in each thought/stuck point below from 0-100% (How much do you believe this thought?)</p> <p><i>Anger is not right, so it is wrong. – 50%</i></p> <p><i>Angry people are scary. I don't want to be that way. – 90%</i></p> <p><i>If I let myself go, I'll be destructive. – 85%</i></p>	<p>Use Challenging Questions to examine your automatic thoughts from Column B.</p> <p>Consider if the thought is balanced and factual or extreme.</p> <p>Evidence For? <i>Feeling my anger chokes me because I don't let it out.</i></p> <p>Evidence Against? <i>Even Jesus got angry. I have never been really destructive when I was angry.</i></p> <p>Habit or fact?</p> <p>Interpretations not accurate?</p> <p>All or none?</p> <p>Extreme or exaggerated? <i>My phrases and words to describe anger are exaggerated.</i></p> <p>Out of context?</p> <p>Source unreliable?</p> <p>Low versus high probability?</p> <p>Based on feelings or facts?</p> <p>Irrelevant factors?</p>	<p>Use the Patterns of Problematic Thinking Worksheet to decide if this is one of your problematic patterns of thinking.</p> <p>Jumping to conclusions:</p> <p>Exaggerating or minimizing: <i>Anger is rage instead of what it is—unpleasant.</i></p> <p>Disregarding important aspects:</p> <p>Oversimplifying:</p> <p>Over-generalizing:</p> <p>Mind reading:</p> <p>Emotional reasoning: <i>Because anger feels bad, it is bad/wrong, so I must be, too.</i></p>	<p>What else can I say instead of Column B? How else can I interpret the event instead of Column B?</p> <p>Rate belief in alternative thought(s) from 0-100%</p> <p><i>Anger is appropriate in some situations. – 100%</i></p> <p><i>Anger can be expressed without aggression. – 60%</i></p> <p><i>Anger is an emotion like sadness. I let myself feel that and it is not overwhelming. – 60%</i></p>
<p>C. Emotion(s)</p> <p>Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%</p> <p><i>Angry – 50%</i> <i>Fear – 95%</i></p>		<p>G. Re-rate Old Thought(s)/Stuck Point(s)</p> <p>Re-rate how much you now believe the thought(s) in Column B from 0-100%</p> <p>20%, 75%, 50%</p>		<p>H. Emotion(s)</p> <p>Now what do you feel? 0-100%</p> <p><i>Angry – 50%</i> <i>Fear – 70%</i></p>