

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>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>Use Challenging Questions to examine your automatic thoughts from Column B. Consider if the thought is balanced and factual or extreme.</p>	<p>Use the Patterns of Problematic Thinking Worksheet to decide if this is one of your problematic patterns of thinking.</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%</p>
	<p>C. Emotion(s) Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%</p>	<p>Evidence For? Evidence Against? Habit or fact? Interpretations not accurate? All or none? Extreme or exaggerated?</p>	<p>Jumping to conclusions: Exaggerating or minimizing: Disregarding important aspects: Oversimplifying:</p>	<p>G. Re-rate Old Thought(s)/Stuck Point(s) Re-rate how much you now believe the thought(s)/stuck point(s) in Column B from 0-100%</p>
		<p>Out of context? Source unreliable? Low versus high probability? Based on feelings or facts? Irrelevant factors?</p>	<p>Over-generalizing: Mind reading: Emotional reasoning:</p>	<p>H. Emotion(s) Now what do you feel? 0-100%</p>