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Cbt challenging thoughts worksheet

Challenging Anxious Thoughts

Anxiety can be a healthy emotion that forces us to focus on our problems, and work hard to solve them. But sometimes, anxiety gets out of control, and does just the opposite. It cripples our ability to solve problems. When this happens, **irrational thoughts** often play a role.

In this exercise, we will practice catching our irrational thoughts, and replacing them with rational alternatives. With enough practice, this will become a natural process that can help you manage anxiety.

Describe a common situation that triggers your anxiety.
Example: "giving a speech in front of a crowd" or "being in rush hour traffic"

Anxiety distorts our thinking by causing us to overestimate the likelihood of something going wrong, and imagine the potential consequences as worse than they really are. Sometimes, just taking a moment to think about these facts can help us recognize our irrational thoughts.

Imagine you are faced with the anxiety-producing situation from above. Describe the...

Worst outcome:

Best outcome:

Most likely outcome:

Imagine the worst outcome comes true. Would it still matter...

1 week from now:

1 month from now:

1 year from now:

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about giving a speech might think: "I am going to forget everything and embarrass myself, and it'll never let me down!"

As an outside observer, we know that an alternate, more rational thought might be: "My speech might only be OK, but if it does mess up, everyone will forget about it soon enough."

Using your own "worst outcome" and "likely outcome" from above, describe your...

Preview

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CBT Thought Record

Situation	Emotion or feeling	Negative automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought
<small>Describe what was happening (who, what, when, where)</small>	<small>Describe how you felt (e.g. angry, sad, scared)</small>	<small>Identify one thought that was going through your mind? What evidence or images were in your mind?</small>	<small>What facts support the truthfulness of this thought or image?</small>	<small>What experiences indicate that the thought is not completely true all of the time? If you had heard that the thought, what would you think? Are there any small experiences which contradict this thought?</small>	<small>Write a new thought which fits around the evidence to support the original thought.</small>

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Anger Thought Challenging Record

Situation	Angry hot thought	Emotions & body reactions	Beliefs
<small>Describe what was happening (who, what, when, where)</small>	<small>Identify one thought that was going through your mind? What evidence or images were in your mind?</small>	<small>What emotions and body reactions did you experience?</small>	<small>What beliefs or assumptions are you making?</small>

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Challenging Unhelpful Thoughts

Taking a particular unhelpful thought, see if you can test it. Ask questions to test whether your belief has any real basis.

Unhelpful Thought



Challenges

Is there any evidence that contradicts this thought?

Can you identify any patterns of unhelpful thinking?

What would you say to a friend who had this thought in a similar situation?

What are the costs and benefits of thinking in this way?

Benefits:

Costs:

How will you feel about this in 6 months time?

Is there another way of looking at this situation?



Balanced Thought

PsychTools Challenging Negative Thoughts



PsychTools

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