

# Cognitive Behavioral Worksheet

Situation or trigger (who, what, where, when)	Emotion	Intensity Before (0-100)	Intensity After (0-100)
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Automatic Negative Thoughts (circle and work on the most intense one first)	Accuracy	Before 0-100	After 0-100
1.			
2.			
3.			

Evidence in Favor	Evidence Against (or ask, "and then what?")

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|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Predicting the Worst Possible Outcome</u>: Of many outcomes, I only focus on the worst, not the most likely.</li> <li><input type="checkbox"/> <u>Blowing Things Way Out of Proportion</u>: I am exaggerating problems and issues way beyond what they deserve.</li> <li><input type="checkbox"/> <u>Taking All the Blame for Something Not Totally My Fault</u>.</li> <li><input type="checkbox"/> <u>Double Standard</u>: I am holding myself to a higher standard than I would my best friend.</li> <li><input type="checkbox"/> <u>Ignoring the Positives</u>: I consistently ignore positive ideas or experiences and only focus on the negative.</li> <li><input type="checkbox"/> <u>Absolute Thinking</u>: I am looking at this in all-or-none terms with no shades of gray. The real world is in shades of gray.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <u>Fortune Telling</u>: I am guessing that things will turn out badly, regardless of the actual evidence.</li> <li><input type="checkbox"/> <u>Name Calling</u>: I am calling myself "stupid" or "a failure" instead of clearly stating what I did wrong or right.</li> <li><input type="checkbox"/> <u>Using <i>Should</i> Instead of <i>It Would Be Nice If</i></u>: <i>Should</i> statements obligate me and others, often without justification.</li> <li><input type="checkbox"/> <u>Mind Reading</u>: I think people hate me or judge me as inferior without actually knowing if they do or not.</li> <li><input type="checkbox"/> <u>Overgeneralization</u>: I am wrongly viewing one bad event as proof of a never-ending pattern.</li> <li><input type="checkbox"/> Other: _____</li> </ul> |
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Revised, accurate, correct, reasonable statement: <div style="text-align: right; margin-top: 20px;">             How much do I believe it? (rate 0 - 100) _____         </div>
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