

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