

## Challenging Thought/Emotions

*This is a more advanced version of the CBT Essential Worksheet. When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and fill out this CBT Worksheet as soon as possible.*

**TRIGGERING SITUATION:** Where were you? What were you doing? Who were you with?

**EMOTION/FEELING:** Use one word each, such as "Angry", "Sad", "Scared". Rate intensity (0-100%)

**INITIAL AUTOMATIC THOUGHT:** What thought or image went through your mind? How strong was it (0-100%)?

### Evidence that supports the thought

What makes you believe the thought is true?  
What facts support the truthfulness of this thought or image?

### Evidence that does NOT support the thought

What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought, what would I tell them? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?

**Alternative thought:** Write a new thought which takes into account the evidence for and against the original thought. The goal is to come up with a more "realistic", adaptive thought that takes both sets of evidence into account.

**Outcome:** How do you feel about the situation now? Rate 0-100%