

## **Cognitive restructuring: learning to attack unhelpful thoughts**

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#### **Unhelpful Thought**

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1. What evidence do you have for the thought?

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2. What evidence do you have against the thought?

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3. What would you tell a friend (to help them) if they had the thought?

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4. Think of your calmest, most rational and supportive friend or family member. How would he/she react to the causal thought? What would he/she say?

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5. Are you worrying about an outcome that you can't control? Is there any point to this type of worry?

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6. What does the thought do for you? How does it make you feel? Is it helpful in any way, or is it just distressing?

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7. What good things would you gain if you gave up the thought? How would your life be different if you didn't believe the thought?

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8. If the causal thought was true, what is the worst outcome? Is it as bad as you think?

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