

Be Your Own Cognitive Coach (BYOCC) Worksheet

Preparation Before the Exposure

1. Situation (Briefly describe the anxiety-provoking situation.) Date _____

2. Automatic Thoughts (ATs)
(List the thoughts you have about this situation)

3. Thinking Errors (See list below)

Emotions You Feel as You Think These Thoughts (circle those that apply): anxious/nervous, angry, frustrated, sad, irritated, embarrassed, ashamed, hateful, other: _____

Thinking Errors: All-or-Nothing Thinking, Overgeneralization, Mental Filter, Disqualifying the Positive, Mind Reading, Fortune Telling, Catastrophizing, Emotional Reasoning, Should Statements, Labeling, Maladaptive Thoughts

4. Challenges (Using the Disputing Questions below, challenge the most important AT(s) you listed above. Be sure to answer the question raised by the Disputing Question.)

Disputing Questions: Do I know for certain that _____? Am I 100% sure that _____? What evidence do I have that _____? What is the worst that could happen? How bad is that? Do I have a crystal ball? Is there another explanation for _____? Does _____ have to lead to or equal _____? Is there another point of view?

5. Rational Response(s) (Summarize the challenges into a rational statement to use to combat the AT.)

6. Achievable Behavioral Goal (Something that is do-able and can be seen by others)