

Challenging Beliefs Worksheet

A. Situation	B. Thought(s)	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought(s) related to Column A. Rate belief in each thought below from 0-100% (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thoughts from Column B. Is the thought balanced and factual or extreme?	Use the Patterns of Problematic Thinking Worksheet to decide if this is one of your problematic patterns of thinking.	What else can I say instead of Column B? How else can I interpret the event instead of Column B? Rate belief in alternative thought(s) from 0-100%
	<div style="background-color: #333; color: white; text-align: center; padding: 2px;">C. Emotion(s)</div> Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%	Evidence For? Evidence Against? Habit or fact? Interpretations not accurate? All or none? Extreme or exaggerated? Out of context? Source unreliable? Low versus high probability? Based on feelings or facts? Irrelevant factors?	Jumping to conclusions: Exaggerating or minimizing: Disregarding important aspects: Oversimplifying: Over-generalizing: Mind reading: Emotional reasoning:	<div style="background-color: #333; color: white; text-align: center; padding: 2px;">G. Re-rate Old Thought(s)</div> Re-rate how much you now believe the thought(s) in Column B from 0-100% <div style="background-color: #333; color: white; text-align: center; padding: 2px;">H. Emotion(s)</div> Now what do you feel? 0-100%