

Looking at things in a better light...

Cognitive Restructuring Worksheet

When you are feeling illogical (conterfactual) thoughts fill out this worksheet.

Situation

Moods

Automatic Thoughts & Images

Evidence that Supports Hot Thoughts

Evidence that Does Not Support Hot Thoughts

Alternative / Balanced Thoughts

Mood Now, Actions & Positive Thoughts

Based on: Mind Tools Corporation <http://www.mindtools.com>