

Cognitive Behavioral Worksheet

Situation or trigger (who, what, where, when)	Emotion	Intensity Before (0-100)	Intensity After (0-100)
	_____	_____	_____
	_____	_____	_____

Automatic Negative Thoughts (circle and work on the most intense one first)	
Belief Before Exercise (0-100):	Belief After (0-100):
1.	
2.	
3.	

Evidence in Favor	Evidence Against

Why is this thought wrong or distorted?

COMMON DISTORTIONS: Overgeneralization • Using "Should" Instead of "It Would Be Nice If..." • Predicting the Worst Possible Outcome • Absolute Thinking • Blowing Things Way Out of Proportion • Name Calling • Double Standard (Holding Yourself to a Higher Standard than You Would Your Best Friend) • Taking All the Blame for Something Not Totally Your Fault • Ignoring the Positives

Revised, accurate, correct, reasonable statement:
How much do I believe it? (rate 0 - 100) _____