

Cognitive restructuring: learning to attack unhelpful thoughts

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Unhelpful Thought

1. What evidence do you have for the thought?

2. What evidence do you have against the thought?

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

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?

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

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?

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

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