

Challenging Beliefs Worksheet

| A. Situation | B. Thoughts | D. Challenging Thoughts | E. Problematic Patterns | F. Alternative Thought |
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| 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 the Belief Challenging Questions download sheet to examine your automatic thoughts from Column B. Is the thought balanced and factual or extreme? | Use the Unhelpful Thinking Styles download sheet to help identify 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%. |
| | <p data-bbox="412 587 432 619">!</p> <div data-bbox="398 906 790 986" style="background-color: black; color: white; text-align: center; padding: 5px;">C. Emotion(s)</div> <p data-bbox="412 1010 770 1102">Specify sad, angry, etc., and rate how strongly you feel each emotion from 0–100%.</p> | <p data-bbox="808 600 943 627">Evidence?</p> <p data-bbox="808 671 987 699">Habit or Fact?</p> <p data-bbox="808 743 1167 770">Interpretations not accurate?</p> <p data-bbox="808 815 965 842">All or none?</p> <p data-bbox="808 887 1122 914">Extreme or exaggerated?</p> <p data-bbox="808 959 999 986">Out of context?</p> <p data-bbox="808 1031 1043 1058">Source unreliable?</p> <p data-bbox="808 1102 1155 1129">Low versus high probability?</p> <p data-bbox="808 1174 1144 1201">Based on feelings or facts?</p> <p data-bbox="808 1246 1032 1273">Irrelevant factors?</p> | <p data-bbox="1229 632 1525 659">Jumping to conclusions</p> <p data-bbox="1229 703 1570 730">Exaggerating or minimizing</p> <p data-bbox="1229 775 1615 802">Disregarding important aspects</p> <p data-bbox="1229 847 1424 874">Oversimplifying</p> <p data-bbox="1229 919 1447 946">Overgeneralizing</p> <p data-bbox="1229 991 1391 1018">Mind reading</p> <p data-bbox="1229 1062 1480 1090">Emotional reasoning</p> <p data-bbox="1229 1134 1402 1161">Personalising</p> <p data-bbox="1229 1206 1424 1233">Catastrophising</p> <p data-bbox="1229 1278 1503 1305">Dichotomous Thinking</p> <p data-bbox="1229 1350 1469 1377">Predictive Thinking</p> | <div data-bbox="1659 826 2098 906" style="background-color: black; color: white; text-align: center; padding: 5px;">G. Rerate Old Thoughts</div> <p data-bbox="1671 930 2074 1023">Rerate how much you now believe the thought in Column B from 0-100%.</p> <div data-bbox="1659 1102 2098 1182" style="background-color: black; color: white; text-align: center; padding: 5px;">H. Emotion(s)</div> <p data-bbox="1671 1206 2074 1233">Now what do you feel? 0–100%</p> |

Resick, Monson, & Rizvi, in Barlow, 2008