Thought Challenging Worksheet

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| SituationWhat was the situation that was influenced by, or the result of the Automatic Thought? | **Automatic Thought**What was the unhelpful thought?How much do you believe this thought?(0-100%) | FeelingWhat feeling was produced by this thought? (angry, frustrated, sad)How intense was the feeling? (0-100) | Challenge1. Is the A.T. true?
2. Is it helpful?
3. Is there another way of thinking about it?
 | Rational ResponseThis is the more positive or realistic way to think about the situation. It can also be a problem-solving thought.How much do you believe it?(0-100%) | FeelingWhat feeling was produced by this thought?How intense was the feeling? (0-100) |
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