Thought Challenging Worksheet

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| Situation What 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%) | Feeling What feeling was produced by this thought? (angry, frustrated, sad)  How intense was the feeling? (0-100) | Challenge  1. Is the A.T. true? 2. Is it helpful? 3. Is there another way of thinking about it? | Rational Response This 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%) | Feeling What feeling was produced by this thought?  How intense was the feeling? (0-100) |
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