

## Challenging Thoughts Worksheet

What's the situation? \_\_\_\_\_

What am I thinking or imagining? \_\_\_\_\_

How much do I believe this thought? a little medium a lot (or rate 0-100% \_\_\_\_\_)

How does that thought make me feel? angry sad anxious other \_\_\_\_\_

How strong is the feeling? a little medium a lot (or rate 0-100% \_\_\_\_\_)

What is the evidence that makes this thought seem true? \_\_\_\_\_

\_\_\_\_\_

What is the evidence that makes this thought seem false? \_\_\_\_\_

\_\_\_\_\_

For those thoughts that may have been formed based on what the perpetrator or other people said, is that source reliable? \_\_\_\_\_

Are you confusing a habit with a fact? Does the belief seem true because you have said this to yourself so many times? \_\_\_\_\_

Are you using extreme ways of thinking by thinking in all or nothing terms or using exaggerated words or phrases? \_\_\_\_\_

Are you taking examples out of context by only considering one aspect of the situation at the expense of considering the entire incident? \_\_\_\_\_

\_\_\_\_\_

Are you confusing a low probability with a high probability? \_\_\_\_\_

Are your judgments based on feelings rather than facts? \_\_\_\_\_

Are you drawing conclusions where evidence is lacking? \_\_\_\_\_

\_\_\_\_\_

Are you exaggerating (including catastrophizing) or minimizing the meaning of an event? \_\_\_\_\_

\_\_\_\_\_

Are you overgeneralizing from a single event i.e. associating aspects of the assault or perpetrator to other areas of your life? \_\_\_\_\_

Are you mind reading other people's thoughts or intentions? \_\_\_\_\_

What is an alternative way of thinking about this situation? \_\_\_\_\_

\_\_\_\_\_

How much do I believe my original thought now? a little medium a lot (or rate 0-100% \_\_\_\_\_)

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What am I feeling now?      angry    sad    anxious    other \_\_\_\_\_

How strong is the feeling?      a little    medium    a lot (or rate 0-100% \_\_\_\_\_)