

Challenging Thoughts Exercise - What's the evidence?

Thoughts are real, but they are not always true. The way we perceive a situation might be based on feelings instead of facts. It's important that we examine our automatic reactions so we can determine if they're accurate. We can then respond to the situation using our "wise mind." Think about a recent situation or event that increased your stress and other difficult emotions. Fill out the below worksheet to help you identify patterns of problematic thinking that might be contributing to your feelings. This exercise will help you bring awareness to your perceptions and to challenge them. If you determine that your interpretations are based on facts then you can work on steps to resolve the issue in a calm & rational way. Use the back if you need more space or a journal.

Situation/Event	Thoughts & Feelings	Is it true?	Problematic Thinking	Revised Thoughts
Describe the event or situation that is causing you distress:	-Write down your interpretations of this event. -How do you feel? Rate how strongly you feel each emotion: 0-100%	-What is the evidence to support this belief? -What is the evidence against this belief? -Is your belief based on feelings or facts? -Are there any aspects you haven't considered? -Is this belief based on fact or is it a habitual way of thinking? -Are you taking all information into consideration?	Which problematic thinking patterns are you using in this situation: -Jumping to conclusions or predicting the future? -Exaggerating or minimizing? -Ignoring other important aspects? -Oversimplifying things as all good/bad or right/wrong? -Over-generalizing (example: This <i>always</i> happens) -Mind reading (example: you assume the person is doing this to intentionally upset you) -Emotional reasoning (I'm feeling afraid so I must be in danger)	-After examining the evidence, what is another way to interpret the event/situation? -Now re-rate how strongly you feel your original emotion: 0-100%