Challenging Beliefs Worksheet

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought/stuck point related to Column A. Rate belief in each thought/stuck point below from 0-100% (How much do you believe this thought?)	Use **Challenging Questions** to examine your automatic thought from Column B. Consider if the thought is balanced and factual or extreme.	Use the **Patterns of Problematic Thinking Worksheet** to decide if this is one of your 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%

		D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
		Evidence For?	Jumping to conclusions:	
		Evidence Against?	Exaggerating or minimizing:	
		Habit or fact?	Ignoring important parts:	
		Not including all information?		
		All or none?	Oversimplifying:	
		Extreme or exaggerated?		
	C. Emotion(s)	Focused on just one piece?	Over-generalizing:	**G. Re-rate Old Thought/ Stuck Point**
	Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%	Source dependable?		Re-rate how much you now believe the thought/stuck point in Column B from 0-100%
		Confusing possible with likely?	Mind reading:	
		Based on feelings or facts?		**H. Emotion(s)**
		Focused on unrelated parts?	Emotional reasoning:	Now what do you feel? 0-100%

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I have to ride on a plane.	*Air travel is dangerous.—75%*	Evidence For? *People have been killed.* Evidence Against? *Airport security has been increased.* Habit or fact? Not including all information? *The fact that planes fly every day and nothing happens to them.* All or none? Extreme or exaggerated? *Yes. I am exaggerating the risk.*	Jumping to conclusions: Exaggerating or minimizing: Ignoring important parts: Oversimplifying:	*The chances are very small that I will be killed or hurt while flying.—95%* *Even if the plane blew up, I could not do anything about it.—80%*

C. Emotion(s)

Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%

Afraid—100%
Helpless—75%
Anxious—75%

(continued Column D)
Focused on just one piece?

Source dependable?

Confusing possible with likely? *Yes, I have been saying that it is likely that the plane will crash.*

Based on feelings or facts? *I am letting myself believe this because I feel scared and not because it is realistic.*

Focused on unrelated parts?

(continued Column E)
Over-generalizing:

Mind reading:

Emotional reasoning: *I feel very small that I will be hurt or killed flying—95%*

G. Re-rate Old Thought/ Stuck Point

Re-rate how much you now believe the thought/stuck point in Column B from 0-100%

15%

H. Emotion(s)

Now what do you feel? 0-100%

Afraid—40%
Helpless—5%
Anxious—10%

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I led my company into an ambush, and many of my men were killed.	*I should have prevented it—it is my fault that people were killed—100%*	Evidence For? *People were killed.* Evidence Against? *There was no way to know that there was going to be an ambush—that's the nature of an ambush. To think I should have known it was coming is to ignore the fact that it was an ambush.* Habit or fact? Not including all information? All or none? *No one else would have led their company into an ambush.* Extreme or exaggerated? Focused on just one piece? Source dependable? Confusing possible with likely? Based on feelings or facts? Focused on unrelated parts?	Jumping to conclusions: Exaggerating or minimizing: Ignoring important parts: *I haven't been paying attention to the fact that it was an ambush. There was no way I could have known.* Oversimplifying: Over-generalizing: Mind reading: Emotional reasoning: *Because I feel guilty, I AM guilty.*	*There was no way to see it coming at the time.—85%* *I did the best I could given the circumstances.—90%* *It's not my fault that people were killed in the ambush.—75%*

C. Emotion(s)

Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%

Guilt—100%
Helpless—100%
Anxious—75%

G. Re-rate Old Thought/ Stuck Point

Re-rate how much you now believe the thought/stuck point in Column B from 0-100%

10%

H. Emotion(s)

Now what do you feel? 0-100%

Guilt—40%
Helpless—80%
Anxious—40%

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I am putting off doing my therapy practice assignment.	*If I let myself feel angry, I'll be out of control.– 50%*	Evidence For? *I have acted aggressively in the past when I felt angry.* Evidence Against? *I have never been really destructive when I was angry. It is my choice how I act when I feel angry, I can always take a break or leave the situation.* Habit or fact? *Habit* Not including all information? All or none?	Jumping to conclusions: *I am jumping to conclusions to assume that I will have no control if I feel my feelings* Exaggerating or minimizing: *I am equating anger with rage instead of what it is—unpleasant.* Ignoring important parts: *I am disregarding the times I have felt angry and maintained control.* Oversimplifying:	*Anger can be expressed without aggression. – 60%* *Anger is an emotion like sadness. I let myself feel that and still maintain control over my behaviors. – 60%*

C. Emotion(s)

Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%

Angry – 50%
Fear – 95%

(Column D continued)
Extreme or exaggerated? *It is exaggerated to say that I would be out of control, I have some control.*

Focused on just one piece?

Source dependable?

Confusing possible with likely?

Based on feelings or facts?

Focused on unrelated parts?

(Column E continued)
Over-generalizing:

Mind reading:

Emotional reasoning:

G. Re-rate Old Thought/ Stuck Point

Re-rate how much you now believe the thought/stuck point in Column B from 0-100%

20%

H. Emotion(s)

Now what do you feel? 0-100%

Angry – 30%
Fear – 35%

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A friend wants to set me up for a date with someone she knows.	*I can't get involved with anyone because since this assault I am too afraid to let anyone close enough to see how restricted my life has become.—75%*	Evidence For? *One person I told about the assault while we were dating was very supportive at the time, but became more and more distant after that and finally stopped calling altogether.* Evidence Against? *My friends and family have been supportive.* Habit or fact? Not including all information? All or none? *Most healthy people would not run from a relationship.* Extreme or exaggerated? Focused on just one piece? Source dependable? *Coming from past negative experience and from an unhealthy person.* Confusing possible with likely? Based on feelings or facts? Focused on unrelated parts?	Jumping to conclusions: Exaggerating or minimizing: *Because 1 date may have had problems, doesn't mean others will.* Ignoring important aspects: *That person was not healthy or secure.* Oversimplifying: *If I tell someone who can't deal with it, it is not necessarily bad because I could find out something important about the relationship.* Over-generalizing: Mind reading: Emotional reasoning:	*A date could tell me they don't want anything to do with me because I am dealing with having been assaulted.—60%* **G. Re-rate Old Thought/ Stuck Point** Re-rate how much you now believe the thought/stuck point in Column B from 0-100% *50%* **H. Emotion(s)** Now what do you feel? 0-100% *Fear—25%* *Sadness—40%* *Anger—10%*

C. Emotion(s)

Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%

Fear—50%
Sadness—80%
Anger—50%

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My mom letting her boyfriend beat me for something I didn't do when I was younger.	*She never stood up for me or listened to my side of the story.—90%*	Evidence For? *There were so many occasions when he would come home drunk and beat me for just lying in my bed. My step-brothers got away with a lot and I took the blame.* Evidence Against? *She didn't let him beat me twice. But that was because the evidence was overwhelming it wasn't me.* Habit or fact? *Pretty close to fact, but it was not "never."* Not including all information? All or none? *Most healthy people would not run from a relationship.*	Jumping to conclusions: Exaggerating or minimizing: *Maybe a little, but I've been told to suck it up my whole life and she really didn't stick up for me most of the time.* Ignoring important aspects: *My mom was so focused on herself and getting money for us that she couldn't or wouldn't see she was not taking care of me.*	*It sucks that we had to be in that situation and she couldn't pay more attention to me.—100%*
	C. Emotion(s)		Oversimplifying: *Maybe, but I have a point!*	**G. Re-rate Old Thought/ Stuck Point**
	Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100% *Angry (at her)—100%*	Extreme or exaggerated? Focused on just one piece? *She didn't know what to do without someone supporting us financially.* Source dependable? Confusing possible with likely? Based on feelings or facts? *I guess both.* Focused on unrelated parts? *No*	Over-generalizing: *Maybe she didn't know what to do (food and a house vs. sticking up for me).* Mind reading: *Maybe she did hear me but didn't know what to say.* Emotional reasoning: *I know I felt ignored.*	Re-rate how much you now believe the thought/stuck point in Column B from 0-100% *90%* **H. Emotion(s)** Now what do you feel? 0-100% *Sad (for me)—60%*

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My Lt. sent us down a road that he knew was filled with insurgents. Four friends were killed because of him.	*He got them killed. –100%*	Evidence For? *They are dead!* Evidence Against? *None.* Habit or fact? *He didn't actually kill them.* Not including all information? *Insurgents killed them.* All or none? *Yes.* Extreme or exaggerated? *I guess. The order didn't seem to make sense though—why did we have to go then? And, there was a pretty good chance we all could have made it.* Focused on just one piece? *I guess I don't know if he had pressure (orders) to send us there right then.* Source dependable? Confusing possible with likely? Based on feelings or facts? *Outrage at not understanding why he made that call.* Focused on unrelated parts? *No*	Jumping to conclusions: *I guess I don't know what he was thinking when he ordered us there.* Exaggerating or minimizing: *Yes.* Ignoring important parts: *I don't know why he made that call.* Oversimplifying: *We had made the run before there even though it was really dangerous.* Over-generalizing: Mind reading: Emotional reasoning: *I was angry and blamed him.*	*I hate that my friends died and although it didn't seem critical to make that run, I don't know what the Lt. was thinking or responding to.* *It was really risky, but we had made it safely 4 times previously.—90%*

C. Emotion(s)

Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%

Angry—100%

G. Re-rate Old Thought/ Stuck Point

Re-rate how much you now believe the thought/stuck point in Column B from 0-100%

40%

H. Emotion(s)

Now what do you feel? 0-100%

Relieved, not as angry—60%

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My boss said that I did a good job.	*She liked my work!—80%*	Evidence For? *She said she liked it and she has criticized my work in the past, so she's not just always being nice.* Evidence Against? *None.* Habit or fact? *Fact.* Not including all information? All or none? *Maybe she liked more than she disliked, but on the whole I think she liked it.* Extreme or exaggerated? *I don't think so.* Focused on just one piece? *No.* Source dependable? *It was her.* Confusing possible with likely? Based on feelings or facts? *Facts.* Focused on unrelated parts? *None.*	Jumping to conclusions: *No.* Exaggerating or minimizing: *I don't think so.* Ignoring important parts: *She was smiling when she said it, so no.* Oversimplifying: Over-generalizing: Mind reading: *She actually said she liked my work.* Emotional reasoning: *I sort of think I didn't do as good of a job as I had wished, so I don't feel great about my job. I can see that I think that based on my feelings rather than what she actually said.*	*She liked my work—90%*

C. Emotion(s)

Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%

Happy—75%

G. Re-rate Old Thought/ Stuck Point

Re-rate how much you now believe the thought/stuck point in Column B from 0-100%

90%

H. Emotion(s)

Now what do you feel? 0-100%

Happy—90%