

WORKSHEET 2.5a Thought Record

<i>Thought</i>	
1. Anxious/Negative Thoughts:	2. Identify Thought Distortions: <i>(select from list below)</i>
1. Anxious/Negative Thoughts:	2. Identify Thought Distortions:
<ul style="list-style-type: none"> • Write down Anxious/Negative Thoughts • Circle your Hot Thought or group of related Hot Thoughts 	<p><u>Catastrophizing</u> – focusing on the worst possible outcome</p> <p><u>Overestimating probability</u> – of bad things happening</p> <p><u>Perfectionism</u> – pressuring the self to be perfect: “I should...”</p> <p><u>Focusing on only the negatives</u> – ignoring positives</p> <p><u>Predicting the future</u> – how can you know what will happen?</p> <p><u>Generalizing</u> – ignoring differences in circumstances</p> <p><u>Underestimating your ability to cope</u> – if something bad does happen</p> <p><u>Mind reading</u> – imagining you know what another is thinking</p>

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3. Balanced/Realistic Self-Talk: <i>(use the questions below)</i>	
3. Balanced/Realistic Self-Talk: <i>(Ask yourself...)</i>	<ul style="list-style-type: none"> • Is the Hot Thought true? Is it always true? Is it partially true? Are there ways in which it is not true? Are there times when it is not true? • What is the evidence to support the Hot Thought? What is the evidence against it? • If you had to debate this thought or make a counterargument against it, what would you say? • Is there another way of looking at this? • What’s the bigger picture? • If you are catastrophizing, what is the probability of this thought actually happening? If your feared outcome does happen, how terrible would it be? Could you handle it, figure out how to move on with your life? • What would a good friend say to you about this? • Are there kinder, more respectful ways of thinking about yourself in your life that allow you to be a human being who makes mistakes, with strengths and limitations?