

**Living Life To The Full Interactive**  
Dr. Chris Williams

**Workbook 4**  
*Challenging Unhelpful Thoughts*

**Key point:** In order to change, you will need to choose to try to **apply** what you will learn **throughout the week**, and not just when you work through the session. The workbooks will encourage you to do this by suggesting certain tasks for you to carry out in the days after working through the session. These tasks will:

- Help you to put into practice what you have learned in the session.
- Gather information so that you can get the most out of the subsequent sessions.

## **Challenging beliefs and thinking**

In order to break the hold of an unhelpful thinking style and bring about a change, use this 3 Step approach.

### **Identify your thought and rate your belief in it**

#### **Question if the thought is helpful or accurate.**

1. Is there anything to make you think the thought is incorrect? Are there any alternatives?
2. What would you say to a friend who believed the same thought?
3. Are you basing your thoughts on feelings not facts? If you weren't feeling down what would you say?
4. What would other people say? Have I heard different opinions from others about the thought?
5. When looking at the whole picture what do you think about the situation?
6. Does it really matter so much and was it worth your reaction?
7. What would you say about this six months from now?
8. Do you apply one set of standards for yourself and another set to others?

### **Come up with a balanced conclusion about the thought**

Remember these key points to changing extreme thinking.

Pay attention to and challenge unhelpful thinking.

Question the thought's helpfulness and accuracy.

Thoughts will begin to change when you challenge them in a regular way.

### **Assignment for this week**

Your assignment for this coming week is to:

Continue to use your behaviour actions plans.

Use your thought challenge worksheets to identify 4 occasions when your mood alters; identify an unhelpful thought, challenge it, and come to a balanced conclusion

**Practice: Changing your unhelpful thoughts**

Let's use the 3 Step approach to thought challenging and identify an unhelpful thought that upset you in this past week.

**Identify your thought and rate your belief in it**

Choose a thought now that was an extreme or unhelpful reaction to something that upset you this past week. For the time being, since you're just starting out, avoid choosing thoughts that begin with 'I am' or 'People are' or 'The world is'. These kinds of thoughts are difficult to challenge at first. You may have had many thoughts around what had happened. Just pick one to challenge. Clearly identify that thought and write it in the box. Then on the scale, place an 'x' on how much you believed it at the time – 1 equaling 'not at all', 10 equaling 'completely'.

1 \_\_\_\_\_ 10  
Not at all Completely

**Question if the thought is helpful or accurate.**

Question the thought – don't just accept it. Is there anything to make you think the upsetting thought is incorrect? Think of yourself as a lawyer in a courtroom and cross-examine the thought. In the box, write down the circumstances that show that the thought might not be true.

What would you say to a friend who said the same thing? Write down your answers in the box.

Now, take a look at your own situation. Are you basing this statement on how you feel rather than on the facts? How would you have thought and handled it if you weren't feeling down? Write down your answers in the box.

Now, for your thought – what would other people say?

What is your whole picture? Are you seeing the whole thing or just a small bit? Write it down

How important was this in the scheme of things? Was it worth your reaction?

What would you say about it six months from now?

Do you have two standards, one for you and one for others? Why wouldn't you apply yours to other people? Write it down.

**Come up with a balanced conclusion about the thought**

Thinking back on your answers, what's your balanced conclusion?

Now, re-rate your belief in that thought based on your balanced conclusion.

1 \_\_\_\_\_ 10  
Not at all Completely

Remember these key points to changing extreme thinking.

Pay attention to and challenge unhelpful thinking.

Question the thought's helpfulness and accuracy.

Thoughts will begin to change when you challenge them in a regular way.



## Planner Sheet

# DON'T JUST SIT THERE, MAKE A PLAN!

PLANNER SHEET

DATE

### 1. WHAT AM I GOING TO DO?

### 2. WHEN AM I GOING TO DO IT?

### 3. WHAT PROBLEMS OR DIFFICULTIES COULD ARISE, AND HOW CAN I OVERCOME THEM?

### IS MY PLANNED TASK -

Q. USEFUL FOR UNDERSTANDING OR CHANGING HOW I AM?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Q. SPECIFIC, SO THAT I WILL KNOW WHEN I HAVE DONE IT?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

Q. REALISTIC, PRACTICAL AND ACHIEVABLE?

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

MOOD RATING SCORE (IF APPLICABLE)

MY NEXT CONTACT TIME

Re-arrangement details:  
Remember - if you know in advance you can't make the session, please let us know by contacting your local support worker.  
PLEASE NOTE: If you are struggling or feel worse, or if at any time you feel suicidal please visit your doctor or go to A&E or phone NHS 24/Direct



## Review sheet

# OK, HOW DID IT GO?

REVIEW SHEET

FOR DISCUSSION  
DATED:

WHAT DID YOU PLAN TO DO?

WRITE IT HERE

DID YOU TRY TO DO IT?    YES    NO

IF YES:

1. WHAT WENT WELL?

2. WHAT DIDN'T GO SO WELL?

3. WHAT HAVE YOU LEARNED ABOUT FROM WHAT HAPPENED?

4. HOW ARE YOU GOING TO APPLY WHAT YOU HAVE LEARNED?


IF NO: WHAT STOPPED YOU?

INTERNAL THINGS  
(FORGOT, NOT ENOUGH TIME, PUT IT OFF, DIDN'T THINK I COULD DO IT, COULDN'T SEE THE POINT ETC.).

EXTERNAL THINGS  
(OTHER PEOPLE, WORK OR HOME ISSUES ETC.).

HOW COULD YOU HAVE PLANNED TO TACKLE THESE THINGS?

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**My notes:**

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