

Alternative Thoughts Worksheet

A. Situation	B. Stuck point	D. Exploring thoughts	E. Thinking patterns	F. Alternative thought(s)
Describe the event leading to the stuck point or unpleasant emotion(s).	Write your stuck point related to the situation in Section A. Rate your belief in this stuck point from 0 to 100%. (How strongly do you believe this thought?)	Use the exploring questions to examine your automatic thought from Section B. Consider whether the thought is balanced and factual or extreme.	Use the thinking patterns to decide whether this is one of the patterns and explain why.	What else can you say instead of the thought in Section B? How else can you interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
		Evidence against?	Jumping to conclusions:	
		What information is not included?	Ignoring important parts:	
		All or none? Extreme?	Oversimplifying/overgeneralizing:	
		Focused on just one piece of the event?	Mind reading:	
	C. Emotion(s) Specify your emotion(s) (sad, angry, etc.) and rate how strongly you feel each emotion from 0 to 100%.	Questionable source of information?	Emotional reasoning:	G. Re-rate old stuck point Re-rate how much you now believe the stuck point in Section B from 0 to 100%.
		Confusing possible with unlikely?		H. Emotion(s) Now what do you feel? Rate from 0 to 100%.
		Based on feelings or facts?		