

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? What information is not included? All or none? Extreme? Focused on just one piece of the event? Questionable source of information? Confusing possible with unlikely? Based on feelings or facts?	Jumping to conclusions: Ignoring important parts: Oversimplifying/overgeneralizing: Mind reading: Emotional reasoning:	
	C. Emotion(s) Specify your emotion(s) (sad, angry, etc.) and rate how strongly you feel each emotion from 0 to 100%.			G. Re-rate old stuck point Re-rate how much you now believe the stuck point in Section B from 0 to 100%.
				H. Emotion(s) Now what do you feel? Rate from 0 to 100%.

From *Getting Unstuck from PTSD* by Patricia A. Resick, Shannon Wiltsey Stirman, and Stefanie T. LoSavio. Copyright © 2023 The Guilford Press. Purchasers of this book can photocopy and/or download additional copies of this worksheet at www.guilford.com/resick2-forms for personal use or use with clients; see copyright page for details.