

Date & Time	Situation	Automatic thought	Emotion	Alternative thought	Outcome

Instructions:

This worksheet is divided into 6 columns.

1. Write down the date and time the imposter thought arose.
2. Describe the event that led up to the imposter thought in detail.
3. Write down the automatic thought, along with a rating of 0 – 10 of how strongly you believe in the thought.
4. Write down which emotions were elicited by the thought, along with a rating of 0 – 10 of how intense that emotion felt to you.
5. Write down alternative thoughts that are more positive and functional to replace the negative one.
6. Write down the outcome of this exercise: were you able to confront your imposter thought? Did you write down a convincing alternative thought? Did your belief in the thought and / or the intensity of your emotions decrease?

