

HANDOUT 8.1

Challenging Beliefs Worksheet

Date: _____ Client: _____

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
		Evidence for?	Jumping to conclusions:	
		Evidence against?	Exaggerating or minimizing:	
			Habit or fact?	Ignoring important parts:
		Not including all information?		
		All-or-none?	Oversimplifying:	G. Re-Rate Old Thought/Stuck Point Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.
		Extreme or exaggerated?	Overgeneralizing:	
		Focused on just one piece?		
	C. Emotion(s) Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.	Source dependable?	Mind reading:	H. Emotion(s) Now what do you feel? Rate it from 0 to 100%.
		Confusing possible with likely?		
		Based on feelings or facts?	Emotional reasoning:	
		Focused on unrelated parts?		

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HANDOUT 8.1A

Sample Challenging Beliefs Worksheet

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)	
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.	
<i>I have to ride on a plane.</i>	<i>Air travel is dangerous.—75%</i>	<p>Evidence for? <i>People have been killed.</i></p> <p>Evidence against? <i>Airport security has been increased.</i></p> <p>Habit or fact? <i>It is a habit.</i></p> <p>Not including all information? <i>The fact that planes fly every day and nothing happens to them.</i></p> <p>All-or-none? <i>Yes, I am making a statement that all flights are dangerous.</i></p> <p>Extreme or exaggerated? <i>Yes. I am exaggerating the risk.</i></p> <p>Focused on just one piece? <i>I notice in the news when there is a crash, but I don't pay attention to all of the flights that travel safely every day.</i></p> <p>Source dependable? <i>No, I misinterpreted turbulence.</i></p> <p>Confusing possible with likely? <i>Yes, I have been saying that it is likely that the plane will crash.</i></p> <p>Based on feelings or facts? <i>I am letting myself believe this because I feel scared and not because it is realistic.</i></p> <p>Focused on unrelated parts? <i>Many people I know have flown and haven't crashed.</i></p>	<p>Jumping to conclusions: <i>Yes, I assume that if I fly, the plane <u>will</u> crash.</i></p> <p>Exaggerating or minimizing: <i>I am exaggerating the possibility.</i></p> <p>Ignoring important parts: <i>All the thousands of planes that fly every day and don't crash.</i></p> <p>Oversimplifying:</p> <p>Overgeneralizing:</p> <p>Mind reading:</p> <p>Emotional reasoning: <i>Just because I am anxious on flights doesn't mean that flying is dangerous</i></p>	<p><i>The chances are very small that I will be killed or hurt while flying.—95%</i></p> <p><i>Even if the plane blew up, I could not do anything about it.—80%</i></p>	
	C. Emotion(s)				G. Re-Rate Old Thought/Stuck Point
	Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.				
	<i>Afraid—100%</i>				
	<i>Helpless—75%</i>				
	<i>Anxious—75%</i>				
				H. Emotion(s)	
				Now what do you feel? Rate it from 0 to 100%.	
				<i>Afraid—40%</i>	
				<i>Helpless—5%</i>	
				<i>Anxious—10%</i>	

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HANDOUT 8.1C

Sample Challenging Beliefs Worksheet

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)	
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.	
I am putting off doing my therapy practice assignment.	If I let myself feel angry, I'll be out of control.—50%	<p>Evidence for? <i>I have acted aggressively in the past when I felt angry.</i></p> <p>Evidence against? <i>I have never been really destructive when I was angry. It is my choice how I act when I feel angry. I can always take a break or leave the situation.</i></p> <p>Habit or fact? <i>Habit.</i></p> <p>Not including all information? <i>That I am not totally out of control. I am still making choices on how to behave.</i></p> <p>All-or-none? <i>Yes, no control.</i></p> <p>Extreme or exaggerated? <i>It is exaggerated to say that I would be out of control, I have some control.</i></p> <p>Focused on just one piece? <i>That if I do my out-of-session therapy assignment, I will be angry and out of control.</i></p> <p>Source dependable? <i>No, my assumption.</i></p> <p>Confusing possible with likely? <i>Not likely I will lose control just from filling out a worksheet.</i></p> <p>Based on feelings or facts? <i>Feelings.</i></p> <p>Focused on unrelated parts? <i>It's just a worksheet, not the trauma.</i></p>	<p>Jumping to conclusions: <i>I am jumping to conclusions to assume that I will have no control if I feel my feelings.</i></p> <p>Exaggerating or minimizing: <i>I am equating anger with rage instead of what it is—unpleasant.</i></p> <p>Ignoring important parts: <i>I am disregarding the times I have felt angry and maintained control.</i></p> <p>Oversimplifying: <i>Yes, feeling angry is bad.</i></p> <p>Overgeneralizing: <i>Just because I have been aggressive in the past doesn't mean I will do it with a worksheet.</i></p> <p>Mind reading:</p> <p>Emotional reasoning: <i>Anger always leads to aggression.</i></p>	<p><i>Anger can be expressed without aggression.—60%</i></p> <p><i>Anger is an emotion like sadness. I can let myself feel that and still maintain control over my behaviors.—60%</i></p>	
	C. Emotion(s)				G. Re-Rate Old Thought/Stuck Point
	Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.				
	<p><i>Angry—50%</i></p> <p><i>Afraid—95%</i></p>			<p>Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p><i>20%</i></p>	
				H. Emotion(s)	
				<p>Now what do you feel? Rate it from 0 to 100%.</p> <p><i>Angry—30%</i></p> <p><i>Afraid—35%</i></p>	

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