

## Week 2: Module 4 – Testing Your Thinking Worksheet

What is the situation? \_\_\_\_\_

What am I thinking or imagining? \_\_\_\_\_

How does that make me feel?    mad            sad            anxious            other: \_\_\_\_\_

What makes me think the thought is true? \_\_\_\_\_  
\_\_\_\_\_

What makes me think the thought is not true or not completely true? \_\_\_\_\_  
\_\_\_\_\_

What's another way to look at this? \_\_\_\_\_  
\_\_\_\_\_

What's the worst that could happen? What could I do then? \_\_\_\_\_  
\_\_\_\_\_

What's the best that could happen? \_\_\_\_\_  
\_\_\_\_\_

What will probably happen? \_\_\_\_\_

What could happen if I changed my thinking? \_\_\_\_\_

What would I tell my friend [think of a specific person] \_\_\_\_\_ if this happened to him or her?  
\_\_\_\_\_  
\_\_\_\_\_

What should I do now? \_\_\_\_\_

*\*Cognitive Behavior Therapy: Basics and Beyond, Judith S. Beck, 2011. Copyright Guilford Press.*