

Form 8.1: Practicing Cognitive Flexibility

Use this form to help you move past your first impressions by identifying if you’re falling into a negative thinking trap and coming up with alternative ways you can think about the situation. Use the questions below to help you evaluate your automatic thoughts.

- ☐ Do I know for certain that _____ will happen or is true?
- ☐ What evidence do I have for this thought or belief?
- ☐ Could there be any other explanations?
- ☐ Even if _____ was true, could I live with it?
- ☐ How much does it *feel* like _____ is true? What is a more *realistic* chance that _____ is true?
- ☐ Is my negative automatic thought driven by the intense emotions I’m experiencing?
- ☐ If _____ was true, could I cope with it? How would I handle it?

Situation/Trigger	Automatic Thought(s)	Is this a Thinking Trap? YES/NO	Other Interpretation(s) <i>Often include “automatic thought may not be true” and “even if it is, I could cope.”</i>