

Cognitive Restructuring Worksheet

My Thought: _____

What are the facts?

- Am I willing to consider that this thought might not be completely true?
- How do I know that my thought is true? What is the evidence/proof my thought is true?
- Is there any evidence that disproves my thought? What's the evidence that this thought might not be true, or not completely true?
- Are there facts that I'm ignoring or I've overlooked? Are there any small things that contradict my thought that I might be discounting as unimportant?
- Am I using any words or phrases that are extreme or exaggerated such as *should*, *always*, *never*, *forever*, *must*, *can't*, etc.?
- Am I predicting the future or catastrophizing future events? (If Yes, use the "Calming Your Worries" worksheet.)
- Am I reading someone else's mind and treating that as a fact? Might I be mistaken?
- Am I using any cognitive distortions?

Are there any other possible explanations?

- Can I see any other way of viewing this?
- If my best friend or someone I loved had this thought, what would I tell them?
- If my best friend or someone who loves me knew I was thinking this thought, what might they say to me? What evidence might my friend point out to me that would suggest that my thought is not 100% true?
- When I'm not feeling this way, do I think about this type of situation differently? How?
- Five years from now, if I look back at this situation, might I look at it any differently?
- Am I blaming myself for something over which I do not have complete control?
- Have I had experiences that show that this thought is not true all the time?
- Are there any strengths in me that I'm ignoring?
- Are there any positives to the situation that I'm ignoring?

What can I do to help me deal with the situation?

- Have I been in this type of situation before? What have I learned from prior experiences that could help me now?
- When I have felt this way in the past, what did I think about that helped me feel better?
- What is the worst that could happen?
- What is the most likely thing that will happen?
- If the worst did happen, what would I be able to do to cope?
- What is the effect of thinking this way?
- Will this view help me to deal with the problem? Would another view be more helpful?