

Testing Your Thoughts

Describe the situation: _____

What am I thinking or imagining? (Automatic Thought) _____

How much do I believe the thought? 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

How does that thought make me feel? Afraid Angry Anxious Confused Depressed
Embarrassed Frustrated Guilty Hurt Overwhelmed Sad Other _____

How strong is this feeling? 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

What makes me think the thought is true? _____

What makes me think the thought is not true? _____

What's the worst that could happen? What would I then do to cope? _____

What's the best that could happen? _____

What will probably happen? _____

What would happen if I kept telling myself the original thought? _____

What would I tell my friend if this happened to him or her? _____

Any thinking errors showing up in this thought? All or Nothing Thinking Catastrophizing
Labeling Mind Reading Magnification/Minimization Other _____

What's my balanced or alternative thought? _____

How much do I believe the first thought now? 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

How strong is my negative feeling now? 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%