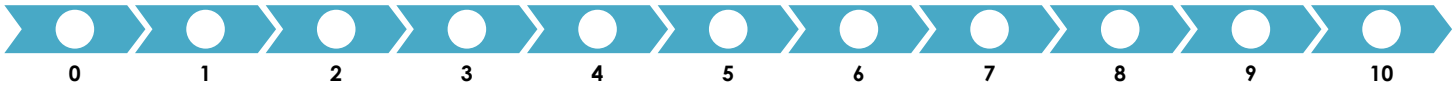
THOUGHT CHALLENGING WORKSHEET

IDENTIFY THE THOUGHT

What are you worried will happen?

HOW ANXIOUS DOES THIS THOUGHT MAKE YOU FEEL?

Not at all anxious — Extremely anxious



Check any applicable thinking errors:

- ☐ Filtering
- ☐ Personalization
- ☐ Jumping to conclusions
- ☐ Fortune telling
- ☐ Unrealistic standards
- ☐ Labelling
- ☐ Mind reading
- ☐ Emotional reasoning I
- ☐ Underestimating ability
- ☐ Catastrophizing
- ☐ Black and white thinking
- ☐ Exaggerated responsibility

CHALLENGE THE THOUGHT

What are alternative explanations? What happened last time you worried about this? What would someone else think in this situation? Does worrying change the situation? How likely is the worst-case scenario? How would you cope if this happened?

CHANGE THE THOUGHT

Is there a more realistic or helpful way to interpret this situation?

HOW ANXIOUS DOES *THIS* THOUGHT MAKE YOU FEEL?

Not at all anxious — Extremely anxious

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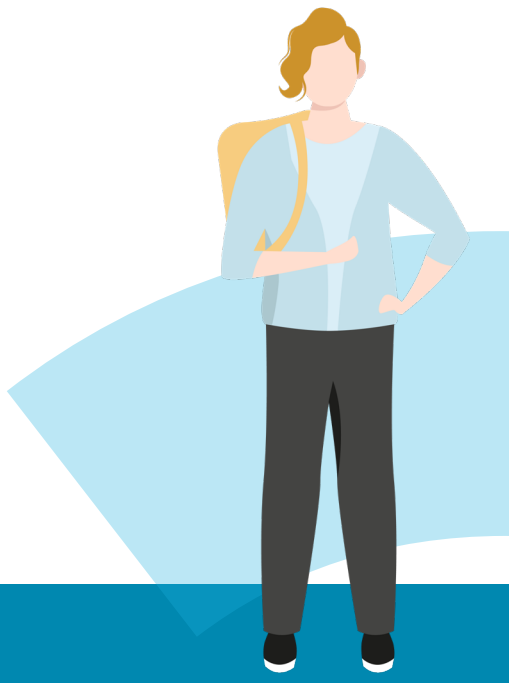

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