

## Alternative Thoughts Worksheet

<p><b>A. Situation</b> Describe the event leading to the stuck point or unpleasant emotion(s).</p>	<p><b>B. Stuck point</b> Write your stuck point related to the situation in Section A. Rate your belief in this stuck point from 0 to 100%. (How strongly do you believe this thought?)</p>	<p><b>D. Exploring thoughts</b> Use the <b>exploring questions</b> to examine your automatic thought from Section B. Consider whether the thought is balanced and factual or extreme.</p>	<p><b>E. Thinking patterns</b> Use the <b>thinking patterns</b> to decide whether this is one of the patterns and explain why.</p>	<p><b>F. Alternative thought(s)</b> What else can you say instead of the thought in Section B? How else can you interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.</p>
	<p>Evidence against?</p> <p>What information is not included?</p> <p>All or none? Extreme?</p> <p>Focused on just one piece of the event?</p> <p>Questionable source of information?</p> <p>Confusing possible with unlikely?</p> <p>Based on feelings or facts?</p>		<p>Jumping to conclusions:</p> <p>Ignoring important parts:</p> <p>Oversimplifying/overgeneralizing:</p> <p>Mind reading:</p> <p>Emotional reasoning:</p>	
	<p><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.) and rate how strongly you feel each emotion from 0 to 100%.</p>			<p><b>G. Re-rate old stuck point</b> Re-rate how much you now believe the stuck point in Section B from 0 to 100%.</p>
				<p><b>H. Emotion(s)</b> Now what do you feel? Rate from 0 to 100%.</p>