

Challenging Beliefs Worksheet

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought/stuck point related to Column A. Rate belief in each thought/stuck point below from 0-100% (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from Column B. Consider if the thought is balanced and factual or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide if this is one of your problematic patterns of thinking.	What else can I say instead of Column B? How else can I interpret the event instead of Column B? Rate belief in alternative thought(s) from 0-100%
<i>I have to ride on a plane.</i>	<i>Air travel is dangerous.—75%</i>	Evidence For? <i>People have been killed.</i> Evidence Against? <i>Airport security has been increased.</i> Habit or fact? Not including all information? <i>The fact that planes fly every day and nothing happens to them.</i> All or none?	Jumping to conclusions: Exaggerating or minimizing: Ignoring important parts: Oversimplifying:	<i>The chances are very small that I will be killed or hurt while flying.—95%</i> <i>Even if the plane blew up, I could not do anything about it.—80%</i>
	C. Emotion(s) Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100% <i>Afraid—100%</i> <i>Helpless—75%</i> <i>Anxious—75%</i>	Extreme or exaggerated? <i>Yes. I am exaggerating the risk.</i> Focused on just one piece? Source dependable? Confusing possible with likely? <i>Yes, I have been saying that it is likely that the plane will crash.</i> Based on feelings or facts? <i>I am letting myself believe this because I feel scared and not because it is realistic.</i> Focused on unrelated parts?	Over-generalizing: Mind reading: Emotional reasoning: <i>I feel very small...that I will be hurt or killed flying—95%</i>	G. Re-rate Old Thought/Stuck Point Re-rate how much you now believe the thought/stuck point in Column B from 0-100% 15% H. Emotion(s) Now what do you feel? 0-100% <i>Afraid—40%</i> <i>Helpless—5%</i> <i>Anxious—10%</i>