

CBT Challenging Thoughts Worksheet

Instructions:

This worksheet will help you to challenge your automatic negative thought. Whenever a distressing situation arises, take out this worksheet and start filling it.

Dysfunctional Automatic Thoughts came up. Write about the Situation in detail that gave rise to the dysfunctional thought



Automatic thoughts. On a scale from 1-10, Rate the intensity of the Automatic Thoughts that rose.



Emotions: On a scale from 1-10, Rate the intensity of the feeling that was felt.



Distortions: Think of the **Alternative Thoughts, Positive and functional** ones that can replace the dysfunctional thoughts.



Could you defy the dysfunctional thought?



Did you record an excellent alternative thought? Did your confidence in the belief or the intensity of your emotion(s) decline?
