



Critical Thinking Worksheet PDF

Write down any situation that made you feel an extreme emotional response.

What was the surrounding Like?

Who was there with you?

What was the place? _____

Ask yourself, were the emotions expressed by you correct?

What supports your emotional response?	What was against your emotional response?

What other behavioral responses were possible?

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References

[Butterworth, J., Thwaites, G. \(2013\). *Thinking Skills: Critical Thinking and Problem Solving*. United Kingdom: Cambridge University Press.](#)

[Patterson, C. \(2020\). *Critical Thinking And Problem Solving: Advanced Strategies and Reasoning Skills to Increase Your Decision Making. A Systematic Approach to Master Logic Avoid Mistakes and Be a Creative Problem Solver*. \(n.p.\): Tons of Tomes Limited.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.