

## Free cognitive restructuring worksheet

Thought to be questioned-Write down the thoughts that have been stuck in your mind



What's the evidence to believe this thought



Is it a fact or just an assumption?



Is it possible that I am just exaggerating this thought?



Should I try to see the situation from another perspective?



Am I creating this all in my head and the reality isn't that bad after all

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Am I blowing it out of proportion?

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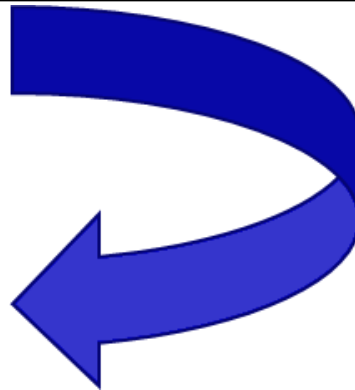
What is the worst thing that will happen if this thought comes true?

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**After asking all such questions, now start creating alternative healthy thoughts against each of your negative thoughts. E.g**

**Negative Unhealthy Thought:**

I am unworthy, what if people hit me



**Now rephrase this negative thought into positive and healthy one**

**Positive, healthy Thought:**

I am enough and why would people hit me?