

WORKING WITH THOUGHTS

1. Situation that causes distress or avoidance: _____

2. List your thoughts related to this situation:

3. Choose one salient thought from above. If this thought is true, why is this a problem?

4. 100% TRUE: Is this thought 100% true? Can you absolutely know that this is true? Would you bet a loved one's life that this is true?

5. EVIDENCE AGAINST THOUGHT: What are some examples in your life or others lives--when this thought is not 100% true?

6. ANOTHER POINT OF VIEW: List alternative ways to view this situation? What would you tell a friend? How important will this one incident be when you are 80?

7. WORST CASE: What is the worst that can happen? Can you live through the worst that can happen? What is the best that can happen? What is the most likely?

8. WORKABILITY: Even if this thought seems pretty true, how helpful is it to focus on it and give it your attention? Does buying into this thought help you to thrive in the above situation?

9. RATIONAL RESPONSE: Short positive coping statement that counteracts the thought listed in #3
