**Challenging Negative Thoughts Worksheet & Examining the Evidence Exercise**

**Directions**

* **Step** 1: Identify the upsetting event
* **Step** 2: Identify Automatic Thoughts. What thoughts are you thinking?
* **Step 3**: Analyze Your Mood. What emotions are you feeling?
* **Step** 4: Are there any cognitive distortions in your thinking?
* **Step 5:** Rephrase: Can you think of a way to rephrase your automatic thoughts?

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| Upsetting Event: |
| Automatic Thoughts: |
| Emotions: |
| Cognitive Distortions: |
| Restructure your original thoughts: |

**Examining the Evidence Exercise**

**Directions:**

* **Step 1:** Rate your mood (level of distress) on a scale of 0-10 with 10 being the most distress
* **Step 2:** Identify the most distressing automatic thought you are having
* **Step 3:** Ask yourself: “What degree do I believe this thought is true?” Rate it on a %, such as I believe 90% this is true, etc.
* **Step 4:** List the evidence you have to support this thought is true
* **Step 5:** List the evidence you have against this thought being true
* **Step 6:** Now ask yourself to what degree you still believe this thought is true.

Mood Rating (on a scale of 0-10)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Most Distressing Automatic Thought\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What degree do I believe this thought is true? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What evidence do I have to support this thought is true?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What evidence do I have to support this thought is not true?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now, what degree do I still believe this thought is true?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Restructure the original thought in light of evidence for/against\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_