

Challenging Beliefs Worksheet

Name: _____

Date: _____

A. Response	C. Thoughts	D. Challenging Thoughts	E. Problem Patterns	F. Alternative Thoughts
Specify sad, angry, etc. and rate how strongly you feel each emotion from 0-100	Write the thoughts behind the feelings in Column A. Write as many as you can. Indicate how much you believe each thought with a # from 0-100%.	Use the questions below to challenge the thoughts in Column C.	Use the suggestions below and decide if any describe your thinking	What else can you say or think instead of the thoughts in Col C? Rate your belief in the new thought: 0-100%
		Evidence for?	Jump to conclusions?	
B. Event			Exaggerating?	
Describe the event, thought or belief leading to the emotion above.		Evidence against?	Minimizing?	
		Habit or fact?	Disregarding important factors?	
		Based on feelings or facts?	Oversimplifying?	
		All or none?	Overgeneralizing?	
		Extreme or exaggerated?	Mindreading?	
		Out of Context?	Emotional Reasoning?	
		Source reliable?		
		Low vs. high probability?		
		Interpretations accurate?		
		Irrelevant factors?		

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