



Thought Challenging Worksheet

Identify the thought

What are you worried will happen?

How anxious does this thought make you feel?

Not at all anxious

Extremely anxious

0 1 2 3 4 5 6 7 8 9 10

Circle any cognitive distortions that might be happening here:

Filtering

Jumping to conclusions

Labelling

Black and white thinking

Mind reading

Personalisation

Exaggerated Responsibility

Unrealistic standards

Emotional reasoning

Catastrophising

Underestimating Ability

Fortune telling

Challenge the thought

What are the alternative explanations? What happened last time you worried about this? Does worrying change the situation? How likely is the worst-case scenario? How would you cope if this happened?

Change the thought

Is there a more realistic or helpful way to interpret this situation?