Challenging Beliefs Worksheet

A. Situation	B. Thought(s)/Stuck Point(s)	C. Emotion(s)	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thoughts	G. Re-rate Old Thought(s)/Stuck Point(s)	H. Emotion(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought(s)/stuck point(s) related to Column A. Rate belief in each thought/ stuck point below from 0-100% (How much do you believe this thought?)	Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%	Use **Challenging Questions** to examine your automatic thoughts from Column B.	Use the **Patterns of Problematic Thinking Worksheet** to decide if this is one of your problematic patterns of thinking.	What else can I say instead of Column B? How else can I interpret the event instead of Column B? Rate belief in alternative thought(s) from 0-100%	Re-rate how much you now believe the thought(s) in Column B from 0-100%	Now what do you feel? 0-100%
My mom letting her boyfriend beat me for something I didn't do when I was younger.	She never stood up for me or listened to my side of the story. – 90%	Angry (at her) – 100%	Consider if the thought is balanced and factual or extreme. Evidence For? There were so many occasions when he would come home drunk and beat me for just lying in my bed. My step-brothers got away with a lot and I took the blame. Evidence Against? She didn't let him beat me twice. But that was because the evidence was overwhelming it wasn't me. Habit or fact? Pretty close to fact, but it was not "never." Interpretations not accurate? All or none? Well, not never but a lot. Extreme or exaggerated? Out of context? She didn't know what to do without someone supporting us financially. Source unreliable? Low versus high probability? Based on feelings or facts? I guess both. Irrelevant factors? No	Jumping to conclusions: Exaggerating or minimizing: Maybe a little, but I've been told to suck it up my whole life and she really didn't stick up for me most of the time. Disregarding important aspects: My mom was so focused on herself and getting money for us that she couldn't or wouldn't see she was not taking care of me. Oversimplifying: Maybe, but I have a point! Over-generalizing: Maybe she didn't know what to do (food and a house vs. sticking up for me). Mind reading: Maybe she did hear me but didn't know what to say. Emotional reasoning: I know I felt ignored.	It sucks that we had to be in that situation and she couldn't pay more attention to me. – 100%	90%	Sad (for me) – 60%