

Cognitive Restructuring Worksheet

1. Situation

Describe: An actual event leading to an unpleasant emotion. *OR* Thoughts or memories leading to unpleasant emotion.

2. Emotions

Identify the emotion(s) you felt (e.g., sad, anxious, angry, shameful, guilty). Rate the Intensity of the emotion (0-100).

3. Automatic Thoughts

Write automatic thought(s) that preceded emotion(s). Ask "What underlying belief is related to the emotion?" Select the thought or belief to challenge and rate how much you believe it is true (0-100%).

4. Challenge to Automatic Thoughts

Challenge your automatic thought (for example, list evidence against the thought, consider alternative views. Perhaps you'd like to examine the consequences of holding this thought).

5. Response

Write a response to the automatic thought(s) by summarizing the evidence or alternative views. If the evidence supports your thought or belief, or you need more information, then make a plan. Rate how much you believe the response (0-100%).

6. Emotions

Rate the Intensity of the emotions you identified in Step 2 (SUDS 0-100).