

## Changing Your Thinking Exercise

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

1) Situation	3) Automatic Thoughts	4) Challenge to Automatic Thoughts	5) Response	
<p><i>Describe:</i></p> <ul style="list-style-type: none"> <li>Actual event leading to unpleasant emotion</li> <li style="text-align: center;">OR</li> <li>Thoughts or memories leading to unpleasant emotion</li> </ul>	<ul style="list-style-type: none"> <li>Write automatic thought(s) that preceded emotion(s).</li> <li>Ask "What does that mean about me?" to see if an underlying belief is related to the emotion.</li> <li>Select the thoughts or belief to challenge and rate how much you believe it is true. (0-100%)</li> </ul>	<ul style="list-style-type: none"> <li>What was the first thing you thought or said to yourself when this happened?</li> <li>Challenge your automatic thoughts...list evidence against that automatic thought. Examine real data based upon what you know to be true. What would someone who truly cares about you say to you about this subject?</li> </ul>	<ul style="list-style-type: none"> <li>Rate how much you now believe the response you first had (in Automatic Thoughts box).</li> <li>You may find it helpful to write this response on a stick-on note or 3 x 5" card to remind you.</li> <li>Rate how much you believe the response. (0 - 100%)</li> </ul>	
	% of belief		% of belief	
<p>2) Emotions</p> <ul style="list-style-type: none"> <li>Identify the feelings you felt (e.g. sad, anxious, angry, shameful, guilty).</li> <li>How intense are those feelings. (0—100)</li> </ul>	% of belief		<p>6) Emotions</p> <ul style="list-style-type: none"> <li>Rate the intensity of the emotions you identified in Step 2 (0 —100)</li> </ul>	
	% of belief		% of belief	