

Challenging Thoughts Worksheet

Situation	Emotions (% intensity)	Automatic Thought (% belief)	Evidence FOR	Evidence AGAINST	Balanced Thought	Outcome
Describe the situation.	What emotions were you feeling?	Exactly what were you thinking when you felt these strong emotions? (How much do you believe this thought?)	What is the evidence that this thought is true?	What is the evidence that this thought is NOT true?	Re-write your original thought to consider ALL of the evidence (both for and against)?	Did your emotions change? How much do you believe the original thought now?
<i>I can't fall asleep</i>	<i>Frustration</i>	<i>I'll never fall asleep. Tomorrow will be miserable.</i>	<i>I'm awake now. I may not fall back asleep.</i>	<i>The dog has kept me awake before, and I fell back asleep. I haven't died from less than 8 hours of sleep.</i>	<i>Even though I'm awake, I'll be able to eventually fall back asleep, and I'll live without 8 hours of sleep.</i>	<i>You are able to fall back asleep.</i>