

COGNITIVE RESTRUCTURING WORKSHEET

1. Identify as specifically as you can the thought that is making you feel anxious, sad, angry or upset.
2. What evidence or proof do you have to support this thought? What good reason do you have for thinking it is true? Remember that you can only use facts. Feeling that something is true is not evidence that it is.
3. What evidence or proof suggests that this thought is NOT true? That is, what facts argue AGAINST this thought?
4. Are there any other possible explanations or outcomes?
5. Realistically, all facts considered, what is the most likely conclusion or (if the thought is a prediction) what is the worst thing that will happen?