

FREE CBT 8:

# Challenge Your Thoughts Worksheet

## NOTICE – CHALLENGE – CHANGE

In the challenging phase we need to give ourselves permission to examine our thoughts and our behaviours and look at them with a bit of curiosity and interest. Remember, just because we think it does not mean that it is true and there may be a better and more flexible way to think about something. In the same way, just because we are doing something and have done it that way for a long time, doesn't mean that we have to keep doing it that way. We can get curious and challenge ourselves!

## Challenge Your Thoughts Worksheet

**What is the situation? (who, what where, when)**

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**What am I thinking or imagining?**

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**What does this make me feel?** mad sad angry scared other: \_\_\_\_\_

**What makes me think this might be true?**

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**What makes me think this thought is not true or completely true?**

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**What's the worst that could happen? What could I do then?**

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**What's the best that could happen?**

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**What would I tell a friend (think of someone specific) if this happened to them?**

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**What's another way to look at this?**

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**What will I do now?**

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**How do I feel now? Have my emotions changed?**

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## Challenge Your Thoughts Worksheet (Example)

**What is the situation? (who, what where, when)** My supervisor didn't respond to my email asking for a day off.

**What am I thinking or imagining?** My supervisor won't give me the time.

**What does this make me feel?** mad sad angry scared other: \_\_\_\_\_

**What makes me think this might be true?** I wrote the email two days ago and I haven't hear back; my colleague did not get the time off that they requested.

**What makes me think this thought is not true or completely true?** It often takes my supervisor a while to return emails; other people have gotten time off when they wanted; I don't really know what my supervisor is thinking and I'm sort of predicting the future

**What's the worst that could happen? What could I do then?** The worst would be that I don't get the time off. I'd be disappointed and I'd just have to adjust my plans – I think I'd be ok.

**What's the best that could happen?** I get the time off!

**What would I tell a friend (think of someone specific) if this happened to them?** I'd tell my friend to be patient and give it a bit more time. I'd suggest they send another polite email if they didn't hear back.

**What's another way to look at this?** My supervisor might just be busy I may still get the time off.

**What will I do now?** I'll wait another day and then send another email. I'll remind myself not to predict the future.

**How do I feel now?** Have my emotions changed? I feel less sad and more interested in the outcome.