

FREE CBT 10:

Change Your Thoughts - Worksheet 2 of 2

NOTICE – CHALLENGE – CHANGE

Changing behaviours also happens through our Notice – Challenge – Change process. Once we have taken time to observe our behaviours, the types of situations that activate them and the thoughts that are behind them we can make decisions about how to change them. Here is a simple chart that you can use to help with the process.

Here's a good template to use:

It may be true that _____ **and it is**

also true that _____

Acting the Opposite

| Situation | Main Emotion | What would I normally do? | What else could I do that is opposite? | What actually happened? |
|---|--------------|----------------------------------|---|--|
| <i>Example: Got in argument with friend</i> | <i>Sad</i> | <i>Eat a bag of potato chips</i> | <i>Go for a walk, think about how to fix things</i> | <i>Went for walk, still felt a bit sad but called friend</i> |
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