

Challenge your thinking errors

The next time a thought or feeling causes you to react or behave a certain way, or sets off a series of unpleasant associated thoughts and feelings- use this worksheet to break up and rationalise your thinking. You can write your answers on the page or keep a copy of it on your phone to work through in your head. Whatever works for you.

I have noticed a new unpleasant thought, it was...

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I know that my thoughts and feelings are automatic and do not always represent facts. I do not need to react or respond to this thought or feeling.

If I think about the 10 most common thinking errors, the one that best fits this thought is...

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I recognise and accept that this is irrational. The mistake I am making when thinking this is...

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The extreme opposite of this thought would be...

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A more realistic and balanced version of this thought is...

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If I have this thought again I will recall what I have written here each time and soon my brain will start to do this automatically.

