

Thought Restructuring Worksheet:

Part 1: Identifying Negative Thoughts

Thought Identification

Identify negative thoughts associated with situations that trigger you. Write down the specific thoughts that come to mind.

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Part 2: Challenging Negative Thoughts

Cognitive Distortions

Review each negative thought and identify any cognitive distortions present. Refer to the list below and check which distortions may apply.

- All-or-nothing thinking
- Catastrophizing
- Overgeneralization
- Personalization
- Negative Filtering
- Mind reading
- Fortune Telling
- Should statements

Write about the distortion in your negative thoughts.

Questioning Accuracy:

Challenge the accuracy of the negative thought. Ask yourself:

- Is this thought based on facts?
- Am I making assumptions?
- Are there alternative perspectives?
- Will this matter in the future?
- Is there any evidence to support or challenge the negative thought?

Write down your reflections on the accuracy of the negative thought.

Part 3: Generating Balanced Thoughts

Acknowledging Difficulty: Validate your feelings

Acknowledge the difficulty or challenge presented in the situation that triggered you.

Write down the challenging aspect of the situation.

Constructive Perspective: Look for the bigger picture

Replace the negative thought with a more balanced and constructive perspective. Introduce a realistic and manageable way of thinking.

Generate a balanced thought based on the challenging situation.

Part 4: Repetition and Reinforcement

Commitment to Change

Express your commitment to challenging and replacing negative thoughts consistently.

Acknowledge that change takes time and effort.

Write down your commitment to challenging negative thoughts.

Daily Practice

Designate specific times during the day to practice thought restructuring. Set reminders or create a routine to reinforce the new thought patterns.

Identify times when you can practice thought restructuring daily.

Journaling

Keep a thought journal to track your progress. Document instances where you successfully challenged negative thoughts and note any changes in your emotional responses.

Record your reflections and experiences in the thought journal.

Part 5: Reflection and Adaptation

Daily Reflection

At the end of each day, reflect on your experiences with thought restructuring. Celebrate successes and identify areas for improvement.

Adaptive Strategies

Be open to adapting your thought restructuring strategies based on what works best for you. Experiment with different techniques and refine your approach over time.

Consider adjustments to your thought restructuring techniques.