

Worksheet to help you change “unhelpful thinking”

This worksheet is intended to help you recognize, evaluate, and change unhelpful thinking patterns. Write down any difficult situations that might have happened. These should be situations in which you felt bad, down, sad, anxious, or angry. Then work through the other questions below, one at a time.



The situation – what happened?

Describe exactly what happened. Try to keep it objective, without judging or evaluating.

Where did it happen? Who was involved? What exactly happened?

My thoughts – what was going through my mind at the time?

Describe the thoughts that popped into your mind in the situation. What did you think? What did it mean to you? How did you evaluate or make sense of the situation? Did you jump to any conclusions or think that a catastrophe might happen? Did you have any “I must” or “I should” thoughts? What feelings were linked to each of the different thoughts?

Now see if the **three perspectives** can help you challenge any thoughts that might be unhelpful or that pull you down. Maybe the perspectives can help you gain distance. What would the thoughts look like...

... for the scientist? _____

... from a bird's eye view? _____

... from the perspective of the wise old man? _____
