

## Challenging Beliefs Worksheet

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought/stuck point related to Column A. Rate belief in each thought/stuck point below from 0-100% (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from Column B.  Consider if the thought is balanced and factual or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide if this is one of your problematic patterns of thinking.	What else can I say instead of Column B? How else can I interpret the event instead of Column B?  Rate belief in alternative thought(s) from 0-100%
	<div style="background-color: black; color: white; text-align: center; padding: 2px;"><b>C. Emotion(s)</b></div> Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%	Evidence For?  Evidence Against?  <div style="background-color: #90EE90; padding: 2px;">Habit or fact?</div> <div style="background-color: #FFFF00; padding: 2px;">Not including all information?</div> <div style="background-color: #90EE90; padding: 2px;">All or none?</div> <div style="background-color: #90EE90; padding: 2px;">Extreme or exaggerated?</div> <div style="background-color: #FFFF00; padding: 2px;">Focused on just one piece?</div> <div style="background-color: #90EE90; padding: 2px;">Source dependable?</div> <div style="background-color: #90EE90; padding: 2px;">Confusing possible with likely?</div> <div style="background-color: #90EE90; padding: 2px;">Based on feelings or facts?</div> <div style="background-color: #FFFF00; padding: 2px;">Focused on unrelated parts?</div>	Jumping to conclusions:  Exaggerating or minimizing:  Ignoring important parts:  Oversimplifying:  Over-generalizing:  Mind reading:  Emotional reasoning:	<div style="background-color: black; color: white; text-align: center; padding: 2px;"><b>G. Re-rate Old Thought/Stuck Point</b></div> Re-rate how much you now believe the thought/stuck point in Column B from 0-100%  <div style="background-color: black; color: white; text-align: center; padding: 2px;"><b>H. Emotion(s)</b></div> Now what do you feel? 0-100%

Choose 1 yellow and 3 green that the client best understands

## Challenging Questions Worksheet

Below is a list of questions to be used in helping you challenge your maladaptive or problematic beliefs/stuck points. Not all questions will be appropriate for the belief/stuck point you choose to challenge. Answer as many as questions you can for the belief/stuck point you have chosen to challenge below.

### **Stuck point:**

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1. What is the evidence for AND against this stuck point?

**FOR:**

**AGAINST:**

**(Choose one of the next three – whichever one the patient understands best)**

3. In what ways is your stuck point not including all of the information?

6. In what way is your stuck point focused on just one piece of the story?

10. In what ways is this stuck point focused on unrelated parts of the story?

**(Choose 3 of the following – whichever ones the patient understands best)**

2. Is your stuck point a habit or based on fact? (consider whether you have just said this stuck point to yourself so many times that it seems like fact)

4. Does your stuck point include all-or-none terms? (e.g., either-or, black-white, right-wrong, good-bad)

5. Does your stuck point include words or phrases that are extreme or exaggerated? (i.e., always, forever, never, should, must, can't, and every time)

7. Where did this stuck point come from? Is this a dependable source of information on this stuck point? (consider where this stuck point comes from – e.g., parents, friends, church, media)

8. How is your stuck point confusing something that is possible with something that is likely?

9. In what ways is your stuck point based on feelings rather than facts?