

Challenging Intrusive Thoughts

Your full name:

Date submitted:

Your therapist's full name:

What intrusive thought would you like to challenge for this worksheet?

Here is a list of questions that you can use to challenge your intrusive thoughts:

1. *What facts support this thought? What existing evidence contradicts it?*
2. *What would the worst possible outcome be, if this thought were true?*
3. *Am I using a past experience to overgeneralize?*
4. *Is there any way I might view this in a positive way?*
5. *Will this matter one day from now? What about in one week, or month? How?*
6. *What are some ways I've dealt with this scenario before?*
7. *What advice would my counselor or therapist give about this situation?*
8. *What am I ready to accept about this event or person?*
9. *Are my thoughts helping me deal with this scenario? Or are they aggravating the situation?*
10. *Can I genuinely control this?*
11. *Besides myself, what else might be affecting this situation?*
12. *Am I using "I must," "I have to," or "I should" thinking here? Is it truly necessary?*
13. *What advice would I give a friend in this scenario?*

What questions would you like to ask yourself to challenge your intrusive thought?

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|----|
| 1. |
| 2. |
| 3. |

4.

5.

What are your answers to these questions? You don't have to answer all. Just answer the ones that you believe are perfect for challenging your intrusive thought. Be as descriptive as you can. You can even discuss how you plan on preventing this intrusive thought from bothering you again.