

# Cognitive Restructuring Worksheet

## - Socratic Questioning -

Name	Date
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You can recognize faulty thinking patterns causing emotional distress or anxiety through Socratic questioning. The worksheet provides prompt questions about your thoughts, feelings, and beliefs. These questions challenge incorrect assumptions and encourage self-reflection on how you may be contributing to their emotional suffering.

Take some time to think about each question before answering them. Explain "why" and "why not" in your responses.

**Thought:**

**Is my thought realistic?**

**What is the evidence that supports my thought?**

**How might someone else interpret this situation differently?**

**Is it possible to view this another way?**

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**Are there situations where I do not think negatively about myself in a similar context?**

**How would I advise a friend facing a similar challenge?**

**Is it realistic to expect perfection from me in this situation?**

**What are the potential benefits and drawbacks of thinking positively about this situation instead of negatively?**

**Additional notes:**

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## - Decatastrophizing Worksheet -

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Decatastrophizing is a cognitive-behavioral technique used to help manage anxiety and fear. It involves replacing catastrophic thinking with more rational thoughts to reduce the emotional distress caused by unrealistic expectations or false assumptions.

This worksheet can help you practice de-catastrophizing by asking questions about your thought processes and helping you identify any faulty thinking that may lead to an exaggerated or distorted view of a situation. With practice, decatastrophizing can effectively reduce anxiety and help create a more positive outlook.

Start by thoroughly thinking about a "catastrophe" you are most worried about. Answer each question as elaborately as you can.

**What is the catastrophe I am most worried about happening right now?**

**How bad would it be if this happened?**

**How likely is this to happen?**

**Suppose it happened; what would I do to cope?**

**What reassuring things would I want to say to myself about the catastrophe?**