

# Should Statements Worksheet

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet assists you in identifying, challenging, and restructuring "should statements" that contribute to anxiety and negative thinking patterns. By transforming these statements, you can develop more flexible thinking that aligns better with reality and your personal values.

## Identify and Restructure Should Statements

For each situation where you've experienced stress or negativity, identify the "should statement," then rewrite it into a more flexible and realistic thought.

Situation	Should Statement	Flexible and Realistic Thought

## Reflection

How might changing these 'should statements' affect your feelings in similar situations in the future?

What steps can you take to remind yourself of these new, more flexible thoughts when you're in similar situations?

## Additional Notes

## Healthcare Professional's Information

Name:

License Number:

Phone Number:

Email:

Name of Practice: