

Unhelpful Thinking Styles Worksheet

Patient information

First name:

Surname:

Date of birth:

Date:

Situation/event

Describe the situation or event that caused distress.

Automatic thoughts

Write down the immediate thoughts that came to your mind during the situation.

Unhelpful thinking style identified

Identify the unhelpful thinking style(s) involved (e.g., black-and-white thinking, overgeneralization, catastrophizing, etc.).

Emotional response

Describe the emotions you experienced in response to your automatic thoughts.

Physical response

Describe any physical sensations or behaviors that occurred in response to the emotions.

Challenge distorted thoughts

Identify evidence that contradicts your automatic thoughts. How might someone else view the situation?

Alternative balanced thoughts

Develop new, balanced thoughts to replace the unhelpful ones. How can you think about the situation differently?

Remember, it can take time and practice to challenge and change unhelpful thinking styles. Be patient with yourself during this process.