

# 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.