

**HANDOUT 8.1**  
**Challenging Beliefs Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
	<p data-bbox="262 1149 669 1323"><b>C. Emotion(s)</b> Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%.</p>	<p data-bbox="669 625 1257 657">Evidence for?</p> <p data-bbox="669 698 1257 730">Evidence against?</p> <p data-bbox="669 771 1257 803">Habit or fact?</p> <p data-bbox="669 844 1257 876">Not including all information?</p> <p data-bbox="669 917 1257 950">All-or-none?</p> <p data-bbox="669 990 1257 1023">Extreme or exaggerated?</p> <p data-bbox="669 1063 1257 1096">Focused on just one piece?</p> <p data-bbox="669 1136 1257 1169">Source dependable?</p> <p data-bbox="669 1209 1257 1242">Confusing possible with likely?</p> <p data-bbox="669 1282 1257 1315">Based on feelings or facts?</p> <p data-bbox="669 1356 1257 1388">Focused on unrelated parts?</p>	<p data-bbox="1257 625 1644 657">Jumping to conclusions:</p> <p data-bbox="1257 698 1644 730">Exaggerating or minimizing:</p> <p data-bbox="1257 771 1644 803">Ignoring important parts:</p> <p data-bbox="1257 844 1644 876">Oversimplifying:</p> <p data-bbox="1257 917 1644 950">Overgeneralizing:</p> <p data-bbox="1257 990 1644 1023">Mind reading:</p> <p data-bbox="1257 1063 1644 1096">Emotional reasoning:</p>	<p data-bbox="1644 966 2047 1031"><b>G. Re-Rate Old Thought/Stuck Point</b> Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.</p> <p data-bbox="1644 1047 2047 1144"><b>H. Emotion(s)</b> Now what do you feel? Rate it from 0 to 100%.</p>