HANDOUT 8.1 Challenging Beliefs Worksheet

Date:	Client:

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
event, thought, or belief leading to the unpleasant	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 Challenging Questions to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the Patterns of Problematic Thinking Worksheet 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%.
		Evidence for?	Jumping to conclusions:	
		Evidence against?	Exaggerating or minimizing:	
		Habit or fact?	ZAGGGTGLING OF THIRMINELING.	
Specify yo		Not including all information?	Ignoring important parts:	
		All-or-none?		
		Extreme or exaggerated?	Oversimplifying:	G. Re-Rate Old Thought/ Stuck Point
		Focused on just one piece?	Overgeneralizing:	Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%.
	C. Emotion(s)	Source dependable?		
	Specify your emotion(s) (sad, angry, etc.), and rate how	Confining a college with little 1.0	Mind reading:	H. Emotion(s)
	strongly you feel each emotion from 0 to 100%.	Confusing possible with likely?		Now what do you feel? Rate it from 0 to 100%.
		Based on feelings or facts?	Emotional reasoning:	
		Focused on unrelated parts?		

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