

Cognitive Restructuring Worksheet

reflective

Identify and challenge negative thought patterns, replacing them with more positive and realistic ones.

Name	Date
Initial Thought	
Thought: What is the thought causing you distress?	
What is the evidence (if any) supporting the thought? Facts only! No opinions!	
Which cognitive distortion did you use? A Cognitive Distortion is an inaccurate and negatively biased thought. (Circle one)	
<i>Dichotomous Thinking</i>	<i>Magnification / Minimization</i>
<i>Catastrophizing</i>	<i>Selective Abstraction</i>
<i>Discounting The Positive</i>	<i>Mind Reading</i>
<i>Emotional Reasoning</i>	<i>Overgeneralization</i>
<i>Labeling</i>	<i>Personalizing</i>
<i>Should Statements</i>	<i>Jumping To Conclusions</i>
	<i>Blaming</i>
	<i>What If?</i>
	<i>Unfair Comparisons</i>
Thought Review	
What is the evidence countering the thought? Please attempt to argue against your thought even if it feels true.	
1.	
2.	
3.	
Working Thought: After analyzing your thought and looking at the evidence, what is a more appropriate thought?	