

# Thought and Mood Challenging Worksheet

## *Challenging your unhelpful thoughts*

Negative automatic thoughts come and go very quickly, but they can leave a lasting negative feeling. You should complete a Thought and Mood Challenging Worksheet after you notice a sudden unpleasant change in your mood.

**1. Situation:** What were you doing just before you noticed a change in your feelings?

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

What were you doing? \_\_\_\_\_

Where were you? \_\_\_\_\_

Who were you with? \_\_\_\_\_

**2. Negative Feelings:** What was the sudden negative change in your emotions? Describe each emotion and rate each emotion's strength:

Emotion 1: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

Emotion 2: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

Emotion 3: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

Emotion 4: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

**3. Negative Thoughts:** What were you thinking about just before you noticed the change in your feelings? Rate your belief in these thoughts:

Thoughts: \_\_\_\_\_

\_\_\_\_\_ Belief (0-100%) \_\_\_\_\_

Images: \_\_\_\_\_

\_\_\_\_\_ Belief (0-100%) \_\_\_\_\_

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**4. Thought Challenging:** Are there any reasons why these thoughts might not be 100% true?

Thinking Errors: \_\_\_\_\_

Have I had these thoughts before, which turned out not to be true? \_\_\_\_\_

Evidence these thoughts are not true: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If my partner/ friend/ family member had these thoughts, what would I say to them? \_\_\_\_\_

If I were in better health, would I still think/ feel the same? \_\_\_\_\_

**5. Adaptive Responses:** Write down an alternative, more rational thought to replace your initial automatic thought. Rate belief in adaptive thought:

Adaptive Thought: \_\_\_\_\_

\_\_\_\_\_ Belief (0-100%) \_\_\_\_\_

Re-rate belief of negative thoughts from box 3: Beliefs (0-100%) \_\_\_\_\_

\_\_\_\_\_

Re-rate intensity of each emotion from box 2:

Emotion 1: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

Emotion 2: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

\_\_\_\_\_

*Compare your initial and re-rated scores. Are they different? Why? How?*

Are there any new positive emotions you may be feelings? Rate:

New emotion: \_\_\_\_\_ Intensity (0-100%) \_\_\_\_\_

**Remember:** The goal is not to 100% disbelieve your negative thoughts and improve your emotions fully, this is unlikely. The goal is to show yourself that if there is a change in your belief and intensity scores, then your negative feelings will likely pass. Thoughts are not facts; they are simply just thoughts. It is often the importance and meaning we place on thoughts that is what causes us distress.