

# Monitoring Unhelpful Thinking Patterns

Recognise, identify, and record unhelpful thinking patterns

When we are anxious or feeling down our thinking becomes biased, which makes our emotions worse. Monitoring unhelpful thinking biases can help identify patterns in our thoughts, which we can later evaluate. This worksheet is designed to help you identify patterns in your thinking. Filling out this worksheet can be later used to help restructure your thoughts into more helpful ones. Complete this worksheet throughout your week and bring it with you next time. It's best to fill this out as soon as you notice a sudden unpleasant change in your feelings.

<b>Situation</b> When did this happen? What were you doing? Where were you? Who were you with?	<b>Emotions</b> What were you feeling? (Intensity rating between 0% - 100%)	<b>Thoughts</b> What thoughts were going through your mind? (Believability rating between 0% - 100%)	<b>Thinking Patterns</b> How many thinking patterns can you identify? Which ones are more frequent?
Date & Time:			

Remember to bring this with you to your next CBT session