

The 5 Steps Of Cognitive Restructuring Worksheet

(Adapted and modified from Mueser, Rosenberg, and Rosenberg 2009)

Directions: Use this Worksheet whenever something happens that upsets you. It will help you sort out your thoughts and feelings and decide what to do next. The more often you use this worksheet, the easier it will be, and the more you will be able to reduce upsetting feelings.

1. SITUATION

Ask yourself, "What happened that made me upset?" Write down a brief description of the situation.

Situation:

2. FEELING

Circle your strongest feeling (if more than one, use a separate sheet for each feeling):

Fear/Anxiety

Sadness/Depression

Guilt/Shame

Anger

3. THOUGHT

Ask yourself, "What am I thinking that is leading me to feel this way?" Use your Guide to Thoughts and Feelings handout to identify thoughts related to the feeling circled above. You may identify more than one thought related to the feeling. Write down your thoughts below, and circle the thought most strongly related to the feeling.

Thoughts:

Is this thought a **Common Style of Thinking**? If yes, circle the one:

All-or-Nothing

Over-Generalizing

Must/Should/Never

Catastrophizing

Emotional Reasoning

Overestimation of Risk

Self-Blame

Mental Filter

4. EVALUATE YOUR THOUGHT:

Now ask yourself, "What evidence do I have for this thought?" "Is there an alternative way to look at this situation?" "How would someone else think about the situation?" Write down the answers that do support your thought and the answers that do not support your thought.

Things that DO support my thought:

Things that DO NOT support my thoughts:

5. TAKE ACTION!

Next, ask yourself, "Do things mostly support my thought or do things mostly NOT support my thought?"

NO, the evidence does not support my thought.

If the evidence does NOT support your thought, come up with a new thought that is supported by the evidence. These thoughts are usually more balanced and helpful. Write your new, more helpful thought in the space below. And

remember, when you think of this upsetting situation in the future, replace your unhelpful ("automatic") thought with the new, more accurate thought.

New Thought:

YES, the evidence does support my thought.

If the evidence DOES support your thought, decide what you need to do next in order to deal with the situation. Ask yourself, "Do I need to get more information about what to do?" "Do I need to get some help?" "Do I need to take steps to make sure I am safe?" Write down your action plan for dealing with the upsetting situation below or complete the Action Plan Worksheet.

Action Plan:
