

**Thought Investigation Worksheet: Side 1 - Identifying my extreme and unhelpful thinking.**

1. Situation/ relationship or practical problem when your mood unhelpfully altered.	2. Altered emotional and physical feelings	3. What immediate thoughts are present at the time?	4. What unhelpful thinking style (s) occur?	5. Impact of the immediate thought (s)
<p>Think in detail: Where am I, what am I doing? Consider:</p> <ul style="list-style-type: none"> <li>• The time: What time of day is it?</li> <li>• The place: Where am I?</li> <li>• The people: Who is present. Who am I with?</li> <li>• The events: What has been said/What events happened?</li> </ul>	<p>Am I</p> <ul style="list-style-type: none"> <li>• Low or sad? Guilty?</li> <li>• Worried, tense, anxious or panicky?</li> <li>• Angry or irritable?</li> <li>• Ashamed?</li> </ul> <p>a. State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, <b>underline</b> the most powerful feeling. b. How powerful is this feeling? (0-100%) c. Note down any strong physical sensations you notice.</p>	<p>What is going through my mind? How do I see:</p> <ul style="list-style-type: none"> <li>• Myself, my relationship with God, how others see me?</li> <li>• The current events/situation?</li> <li>• What might happen in the future?</li> <li>• My own body, behaviour or performance?</li> <li>• Any memories/images?</li> </ul> <p>a. State the thought (s) clearly. Try to be as precise as possible. If more than one thought occurs, <b>underline</b> the most powerful thought. b. Rate how strongly you believe the most powerful thought at the time (0-100%)</p>	<ol style="list-style-type: none"> <li>1. Bias against myself.</li> <li>2. Putting a negative slant on things (Negative mental filter).</li> <li>3. Having a gloomy view of the future/jumping to the worst conclusion/catastrophic thinking.</li> <li>4 Negative views about how others see me (Mind-reading).</li> <li>5. Bearing all responsibility.</li> <li>6. Making extreme statements/rules e.g. using <i>must, should, ought, always, got to, typical</i> and <i>never</i> statements.</li> </ol> <p>If any of the styles are present, you have identified an <b>extreme</b> thought.</p>	<p>a. What did I do differently? Consider any:</p> <ul style="list-style-type: none"> <li>• Reduced activity.</li> <li>• Unhelpful behaviours.</li> </ul> <p>b. What was the impact on:</p> <ul style="list-style-type: none"> <li>• Myself</li> <li>• My relationship with God?</li> <li>• My view of others?</li> <li>• How I felt?</li> <li>• What I said?</li> <li>• What I did?</li> <li>• Overall, was the impact helpful or unhelpful?</li> </ul> <p>If there is an unhelpful impact, you have identified an <b>unhelpful</b> thought.</p>
<p><b>Situation:</b></p>	<p><b>a. My feelings:</b></p> <p><b>b. Powerfulness:</b> 0-100%=</p> <p><b>c. Physical sensations:</b></p>	<p><b>My immediate thought:</b></p> <p><b>a.</b> <input type="checkbox"/> State the thought (s) clearly:</p> <p>If you have noticed more than one thought, <b>Underline</b> the most powerful thought.</p> <p><b>b.</b> <input type="checkbox"/> Rate your belief in the most powerful thought at the time. 0% 100%  ----- </p>	<p>Which thinking styles are present? (please state numbers or types)</p> <p><input type="checkbox"/> No (s):</p>	<p><b>a.</b> What did I do differently?</p> <p><b>b.</b> Overall, is it helpful or unhelpful for me to believe the thought? Helpful <input type="checkbox"/> Unhelpful <input type="checkbox"/></p>

**Thought Challenge Worksheet: Side 2 - Challenging my extreme and unhelpful thought.**

6. Reasons supporting the immediate thought	7. Reasons against the immediate thought.	8. Come to a Balanced Conclusion.	9. My plan for putting the Balanced Conclusion into practice.
<p>List all the reasons why I believed the immediate thought at the time.</p>	<p>Answer the following questions:</p> <ul style="list-style-type: none"> <li>• What would Jesus/God say to me about how He sees this thought? How would He encourage me?</li> <li>• Are there any other ways of explaining the situation that are more accurate? Is there anything to make me think the thought is incorrect?</li> <li>• If I wasn't feeling anxious/ depressed, what would I say?</li> <li>• What would I tell a Christian friend who said the same thing?</li> <li>• What helpful things would other people say to me about it?</li> <li>• Have I heard <i>different opinions</i> from others about the thought?</li> </ul>	<p>Use the answers from Columns 6 and 7 to try to come up with a <i>balanced, truthful</i> and <i>helpful</i> conclusion.</p> <p>Look for a <i>balanced conclusion</i> that you can believe. This should be based on <b>all</b> the information you have available to you and bear in mind the reasons for and against believing the immediate thought.</p>	<ul style="list-style-type: none"> <li>• How can I change what I do to reinforce my balanced conclusion?</li> <li>• How can I undermine my immediate negative thought by acting against it?</li> </ul>
<p><b>My evidence supporting the immediate thought:</b> (write in) □</p>	<p><b>My evidence against the immediate thought:</b> □</p>	<p><b>My balanced conclusion:</b> (write in) □</p> <p>a). Rating of my belief in the balanced conclusion 0% 100%  ----- </p> <p>b). Re-rate my belief in the immediate thought 0% 100%  ----- </p>	<p><b>My plan</b> to put the balanced conclusion into practice. (write in) □</p>