



COGNITIVE RESTRUCTURING WORKSHEET

1. What is the thought/belief?

2. How does this thought/belief make me feel?

3. On a scale of 1 to 10 (1= don't believe it, 10= it if very true), how strongly do I believe thins thought/belief?

4. Am I 100% sure that this thought/belief is definitely true?

5. What is the evidence that this is true?

6. What are the other possibilities?

7. On a scale of 1 to 10, how strongly do I believe the thought/belief now?

8. Alternative New Thought/Belief:
