

Worksheet 6.2 Cognitive Restructuring Practice

1. SITUATION	
2. AUTOMATIC THOUGHTS (List the ATs you have about this situation and rate how strongly you believe each to be true on a 0–100 scale.)	4. THINKING ERRORS (Place the code for the Thinking Error after the 0–100 rating) ANT: All-or-Nothing Thinking FTC: Fortune Telling or Catastrophizing DP: Disqualifying the Positive ER: Emotional Reasoning L: Labeling MR: Mind Reading SS: Should Statements UUT: Unproductive & Unhelpful Thoughts
3. EMOTIONS YOU FEEL AS YOU THINK THESE THOUGHTS (check all that apply)	
<input type="checkbox"/> anxious/nervous <input type="checkbox"/> frustrated <input type="checkbox"/> irritated <input type="checkbox"/> ashamed	
<input type="checkbox"/> angry <input type="checkbox"/> sad <input type="checkbox"/> embarrassed <input type="checkbox"/> hateful	
<input type="checkbox"/> other _____	
5. Use Disputing Questions to Challenge ATs in Anxious Self/Coping Self Dialogue	
Anxious Self (AT):	
Coping Self:	
Anxious Self:	
Coping Self:	
Anxious Self:	

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Coping Self:

Anxious Self:

Coping Self:

Anxious Self:

6. List the Key Points That You Discovered in the Anxious Self/Coping Self Dialogue

7. Summarize the key points into a rational response. Rate the degree of your belief in the rational response on a 0–100 scale and record your rating at the end of the rational response.