

SELF-ANALYSIS WORKSHEET

A. ACTIVATING EVENT (Briefly describe the distress-provoking situation)

B. BELIEFS (List the automatic thoughts you have about this situation and rate how strongly you believe each to be true on a 0-100 scale)

Write the code for the thinking error after the 0-100 rating

F: Filtering

P: Polarized Thinking

OG: Overgeneralizing

L: Labeling

MR: Mind Reading

MM: Magnifying/Minimizing

CAT: Catastrophizing

PER: Personalization

SS: Should Statements

ER: Emotional Reasoning

C. CONSEQUENCES (What do you feel as you think these thoughts?)

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D. DISPUTATION and DEVELOPMENT. (Dispute the Automatic Thought(s) using HE-L-P and Develop alternative beliefs that are healthy and realistic.)

- a. Where is the Hard Evidence that my belief is true? What is the tangible proof? What other examples are there where this is true?

What belief(s) would be better supported by what I really know about myself or other people or life in general?

- b. Is this belief Logical? Does it make sense? Is there any circumstance where this must be true? Is it consistent with the known facts of reality?

What would be more logical to believe? What belief could I explain to a spouse or trusted friend that they would think makes sense? What would be more consistent with the known facts of reality?

- c. Does it serve any good Purpose to believe this? Does it help or hinder me to believe this? How does believing this help me achieve any of my goals?

What belief(s) would be more likely to help me reach my goals and to feel better?

E. EFFECTIVE NEW FEELINGS. (If I really believed these healthy, realistic thoughts what might be my effective new feelings?)