

# Cognitive Restructuring

Our thoughts come and go very fast and can determine how we feel. Rarely we question our thoughts. This exercise will help you question them and realize if these thoughts are irrational or not.

Write down your thoughts and complete this worksheet. Don't guess, or use opinions, use only the facts available.

Thought to be questioned. What are you worried about?

How likely is your worry will come true? Past experience? Use evidence to support your answer

Is this thought based on facts or feeling?

Could other people have a different interpretation? What are they?

Did someone pass this thought on to me? Is this person a reliable source?

If your thought did come true, what's the worst that could happen? What's most likely to happen?