

# Negative Thought Worksheet

Name	Situation or Trigger (describe who, what, where, when)
Date	

<b>Emotion</b>	Intensity Before (0-100)	Intensity After (0-100)

**COMMON DISTORTIONS:** Overgeneralization • Using "Should" Instead of "It Would Be Nice If..." • Predicting The Worst Possible Outcome • Absolute Thinking • Blowing Things Way Out of Proportion • Name Calling • Double Standard (holding Yourself To A Higher Standard Than You Would Your Best Friend • Taking All The Blame For Something Not Totally Your Fault • Ignoring the Positives

Automatic Negative Thought	_____ % Belief before exercise (0-100)	_____ % Belief after exercise (0-100)
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- List the . . . Evidence in favor Evidence against
- or assume the automatic negative thought is true. List all the "and then what?" statements

Why is this thought wrong or distorted?

Revised, accurate, correct, reasonable statement

*How much do I believe it? (rate 0-100)* \_\_\_\_\_

Notes:

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