

WORKSHEET 10.1: Cognitive Restructuring Thought Record

Date \_\_\_\_\_

| STEP 1: Awareness      |                                                                        |                         | STEP 2: Challenge                                                                             |                                                                          | STEP 3: What Next?                                                                            |
|------------------------|------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| What is the situation? | What is your thought?<br>Be specific and identify each one separately. | What are your feelings? | Can you find any distortion?<br><br>If yes, what is it and what is the more accurate thought? | Is the thought unhelpful?<br><br>If yes, what is a more helpful thought? | What are your feelings now?<br><br>How does challenging your thoughts influence your choices? |
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