

Cognitive Restructuring Worksheet

- For information about Cognitive Restructuring, visit www.mindtools.com/pages/article/newTCS_81.htm.

Step 1: Identify the Situation

Describe the situation that triggered your negative mood. Be as specific as possible.

Step 2: Analyze Your Mood

Describe how you felt in the situation, and how you're feeling now. Examples may include: angry, upset, frustrated, scared, anxious, depressed, betrayed, disgusted, or embarrassed.

Step 3: Identify Automatic Thoughts

Make a list of the automatic thoughts you had in response to the situation.

Step 4: Find Objective Supportive Evidence

Write down any evidence you can find that supports the automatic thoughts you listed in Step 3.

Step 5: Find Objective Contradictory Evidence

Now, look rationally at your automatic thoughts, and write down objective evidence that contradicts the thought. Consider other people's perspectives as well. Write down your new perspective.

Step 6: Identify Fair and Balanced Thoughts

Look again at the thoughts you wrote down in Steps 4 and 5. Take a balanced view of the situation, and write down your thoughts.

Step 7: Monitor Your Present Mood

Take a moment to assess your mood now. Do you feel better about the situation? Is there any action you need to take?

Write down your present mood, along with any further steps that you need to take.