



The Healing Collective

HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

The next time you become upset or have a negative emotional reaction, see if you can identify both what you are thinking, and any distortions in the thoughts on this worksheet.

Feelings:

What was I feeling (anger, anxious, sad, etc)?

How Bad was that feeling?

Situation:

Where was I? What was going on? How do I understand it?



The Healing Collective

HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

<u>Thoughts</u> What went through my mind? What thoughts did I have?	<u>Distortions</u> Identify the distortion for each thought

Reviewing the EVIDENCE for Negative Thought(s)

Write down the identified thought(s):

Rate your degree of belief:



The Healing Collective

HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

List the evidence for and against your thought(s) in the boxes:

Evidence Against	Evidence for

Now rate your degree of belief (s):

Restate your original thoughts(s):



The Healing Collective

HOW TO RECOGNIZE DISTORTIONS IN YOUR THINKING

Generating Alternative Ways of Looking at Things

Write down the identified thought/interpretation:

Rate your degree of belief:

List all other possible viewpoints or explanations. What is the evidence for each?

What are Other Explanations?	What is the Evidence?

Is more information needed to decide which of the above is more likely or logical?

Yes: _____

No: _____

If so, how could this be obtained? Action Plan:
