Week 3 Module 4 - Testing Your Thinking Worksheet

Name: ___________________________  Date: ______________________

This worksheet is an easier version of the Dysfunctional Thought Record and should be used in place of, not in addition to, the DTR, for certain clients, such as adolescents.

What is the situation? ____________________________

What am I thinking or imagining? ____________________________

How does that make me feel?  mad      sad      nervous      other: __________

What makes me think the thought is true? ____________________________

What makes me think the thought is not true or not completely true? ____________________________

What’s another way to look at this? ____________________________

What’s the worst that could happen? What could I do then? ____________________________

What’s the best that could happen? ____________________________

What will probably happen? ____________________________

What could happen if I changed my thinking? ____________________________

What would I tell my friend [think of a specific person]__________ if this happened to him or her? ______

What should I do now? ____________________________

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