

# Examining Thoughts Worksheet

Take thoughts identified using techniques in the “Identifying Negative Automatic Thoughts” section and write them here.

Use what you learned in the “Cognitive Distortions” section to identify any possible thought patterns.

Gather evidence for and against your negative automatic thoughts using multiple “lines of evidence.”

↓ Thought	↓ Possible Distortion(s)	↓ Rational Responses
		<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> <li>9.</li> </ol>

Thought	Possible Distortion(s)	Rational Responses
		<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> <li>9.</li> </ol>

**Tips:**

- Remember to phrase each thought in the form of a statement.
- You should have between 7 and 10 facts in the “rational response” column for each thought.
- Copy this page to use for other thoughts (some extra pages are included at the end of the manual).
- Carry it with you and bring it out each time you have the thought, to remind yourself of the facts.