

THINKING TRAPS WORKSHEET

When negative thoughts and feelings are drowning out the positive, look at your list of thinking traps and work through these steps and questions.

1. IDENTIFY THE PROBLEM SITUATION

Write down the upsetting situation (just the facts, we'll talk feelings in the next step)

2. WHAT ARE THE THOUGHTS THAT POPPED IN YOUR HEAD?

Write down some of the thoughts that popped in to your head, don't worry if they are negative, when we're feeling bad they often are. These are called automatic thoughts.

3. HOW DO THOSE THOUGHTS AND THIS SITUATION MAKE YOU FEEL?

What feelings do you have in response to those thoughts? (sad, anxious, angry, frustrated, fearful)
Where do these feelings manifest in your body? (tightness in chest, bottomless feeling in your stomach, etc)

4. WHAT THINKING TRAPS CAN YOU IDENTIFY?

Use the list of thinking traps to identify which ones you might be stuck in.

5. ASK YOURSELF THE FOLLOWING QUESTIONS

What evidence do you have that your thoughts are true? What evidence do you have against that thought?

What would I tell a good friend if he/she is in the same situation?

Even if it's true, what's the worst that could happen? What's the most likely thing to happen?

How would I cope if it came true?

What would happen if I didn't believe in this anymore?

Using your answers to the above questions write down your coping thought.