

Alternative Thoughts Worksheet

Situation: (*When? Where? What? With whom? What did you feel depressed about?*)

I have a group assignment due for my class. I asked a fellow classmate to be my partner, but she declined.

Things to Ask Myself:

1. *What are other ways of looking at this situation?*
2. *Am I looking at the whole picture?*
3. *Are the depressed thoughts 100% true/accurate, 100% of the time?*
4. *What might be a more helpful way of thinking about this situation?*
5. *What unhelpful thinking styles might I be using here?*
6. *What is the evidence that my thoughts are true? Is there an alternative way of thinking about this situation that is more accurate?*
7. *What is the probability that my thoughts will happen? What are some other things that could happen that are equally, if not more, probable?*
8. *Have I had any experiences in the past that suggests that this thought might not be COMPLETELY true ALL of the time?*
9. *Can I really predict the future? Is it helpful to try? What is more helpful?*
10. *Am I exaggerating how bad the result might be? What is more realistic?*
11. *Can I read people's minds? What else might they be thinking?*
12. *If a friend or loved one were in this situation and had this thought, what would I tell them?*
13. *Are these thoughts helpful?*

Alternative Thoughts and Images:

She might already have a partner.

I've done well in this class so far, so I might not be stupid.

Not everyone is going to like me and that is okay.

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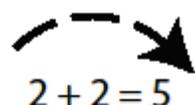
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Alternative Thoughts and Images:

Challenging the Unhelpful Thinking Styles

<p>All or nothing thinking</p> 	<p>Things aren't either totally black or white, all or nothing. There are gray areas. Where is this on the spectrum?</p>	<p>Over-generalizing</p> 	<p>Am I making global evaluations for a specific experience? Is it 100% true, 100% of the time? Am I describing what I actually see and have evidence for.</p>
<p>Mental filter</p> 	<p>Am I using my negative schema as a filter? What if I approached the situation from a different perspective?</p>	<p>Disqualifying the positive</p> 	<p>Am I only noticing the bad stuff? Am I filtering out the positive? Am I using my negative schema as a filter?</p>
<p>Jumping to conclusions</p> 	<p>Am I assuming that I know the future? Am I assuming that I know what other people are thinking? Have I tested my assumptions?</p>	<p>Magnification (catastrophising) & minimization</p> 	<p>Thinking of the worst possible things that could happen is not helpful right now. What's most likely to happen? What's the bigger picture?</p>
<p>Emotional reasoning</p> 	<p>Just because it feels bad, doesn't necessarily mean it is bad. My feelings are a reaction to my thoughts and my thoughts aren't necessarily 100% true or accurate.</p>	<p>should must</p>	<p>Am I putting more pressure on myself? Are these unrealistic expectations? What would be more realistic?</p>
<p>Labelling</p> 	<p>Would I say this to my best friend?</p>	<p>Personalization</p> <p>"this is my fault"</p>	<p>Is this something that I am 100% responsible for?</p>

Adapted from <http://psychology.tools>

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