

Alternative Response 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.

<p>Alternative Thoughts and Images: <i>(Are these thoughts helpful? Are the depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture?)</i></p> <p><i>She might already have a partner.</i></p> <p><i>I've done well in this class so far, so I might not be stupid.</i></p> <p><i>Not everyone is going to like me and that is okay.</i></p>	<p>Alternative Behaviors: <i>(What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?)</i></p> <p>Coping Strategies I Can Use:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Deep breathing</i> <input type="checkbox"/> <i>Distract myself</i> <input type="checkbox"/> <i>Seek support from a friend/ family member</i> <input type="checkbox"/> <i>Do a pleasurable activity</i> <input type="checkbox"/> <i>Use alternative response worksheet</i> <input type="checkbox"/> <i>Other _____</i> <input type="checkbox"/> <i>Other _____</i> 	<p>Alternative Feelings: <i>(What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?)</i></p> <p><i>Optimistic</i></p> <p><i>Confident</i></p> <p><i>Relaxed</i></p> <p><i>Neutral</i></p>
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Outcome: *(What was the original outcome? Using these new alternatives, what would you like the outcome to be in the future?)*

Original outcome: I left class early and e-mailed my professor to assign me a partner. Next time: I would like to say, "thanks anyway" and will ask a person with whom I have worked well in the past.

Alternative Response Worksheet

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

Alternative Thoughts and Images: (*Are these thoughts helpful? Are the depressed thoughts 100% true/accurate, 100% of the time? What are other ways of looking at this? What is the bigger picture?)*

Alternative Behaviors: (*What could you do that would be more helpful for you, others, &/or the situation? What are coping strategies that might be helpful?*)

Coping Strategies I Can Use:

- Deep breathing
- Distract myself
- Seek support from a friend/ family member
- Do a pleasurable activity
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- Other _____
- Other _____

Alternative Feelings: (*What are feelings that are more helpful? What if you acted and thought differently about the situation? How might these changes help you feel differently?*)

Outcome: (*What was the original outcome? Using these new alternatives, what would you like the outcome to be in the future?*)

If you're having trouble, ask yourself these questions:

Alternative THOUGHTS:

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

Alternative BEHAVIORS:

1. What could I do in the moment that would be more helpful?
2. What's the best thing to do (for me, for others, or for the situation)?
3. If my feared situation happens, how will I cope? What coping skills can I use to handle my feared situation? What have I done in the past that was successful?
4. Do I need to work on acceptance, letting go of control, being okay with less than perfect, or having faith in the future and myself?
5. Breathe: Focus your attention on your breathing. Imagine you have a balloon in your belly, inflating on the in-breath, deflating on the out-breath.

Alternative FEELINGS:

1. What might it feel like if I acted/thought differently?
2. When I'm not feeling this way, do I think about this situation differently?
3. Are there any strengths or positives in me or the situation that I might be ignoring?
4. What else might this feeling be related to? Is it *really* about feeling ____?
5. Tell yourself: "This feeling will pass. It's a normal body reaction."

Feelings Wheel

