

Detecting and Changing Unhelpful Thoughts

By completing this worksheet regularly, you will practice replacing unhelpful thoughts with helpful thoughts, reducing your emotional distress and developing healthier thinking habits. You may want to rate each emotion with a number on a scale from 1-10

Situation	Emotion	Distorted Thought	Distress rating	Validity	Realistic thought	New Distress Rating
<i>At work</i>	<i>Anxiety – 9 Fear – 8</i>	<i>If I don't do this project perfectly I will lose my job</i>	<i>9</i>	<i>1</i>	<i>I will do this project to the best of my ability. I will not be fired if I make a mistake.</i>	<i>Anxiety – 5 Fear – 2</i>