

Alternative Thoughts Worksheet

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

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: