

Restructuring Thoughts Worksheet

Situation	Emotion	Automatic Thought	Evidence for	Evidence against	Positive Coping Thought	Emotion
Describe the event that led to the unpleasant emotion.	Specify sad, angry, etc., and rate the emotion from 0% to 100%.	Write the automatic thought that preceded the emotion.	What is the evidence that this thought is true?	What is the evidence that this thought is false?	What else can I say to myself instead of the automatic thought?	Re-rate the emotion from 0% to 100%.