

I'm not robot!



## OCD MONSTER WORKSHEET

Think of the monster, that keeps bugging and sending you different irritating, intrusive thoughts.

What does this monster say to you?

What thoughts he gives you?



How do you feel due to this monster?

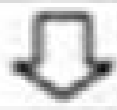
What behaviours you do again and again?

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### Challenging Unhelpful Thoughts

Taking a particular unhelpful thought, see if you can test it.  
Ask questions to test whether your belief has any real basis.

Unhelpful Thought



Challenges

Is there any evidence that contradicts this thought?

Can you identify any patterns of unhelpful thinking?

What would you say to a friend who had this thought in a similar situation?

What are the costs and benefits of thinking in this way?

Benefits:

Costs:

How will you feel about this in 6 months time?

Is there another way of looking at this situation?



Balanced Thought



# Thought Record

## Cognitive Behavioral Therapy



**WAYS TO CHALLENGE NEGATIVE THOUGHTS**

- ASK A FRIEND FOR THOUGHTS**  
What would the people who care about me say?
- WHAT IS A PROBABLE POSSIBILITY?**  
What is the worst that could really happen?
- IF MY FRIEND HAD THE THOUGHT, WOULD THEY FEEL THE SAME?**  
Can I be 100% sure this is true?
- IF THE WORST REALLY DID HAPPEN, WOULD I BE THE ONLY ONE WHO COULD HELP ME?**  
What is the best possible outcome?

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Self-Care Assessment worksheet Grounding Exercise interactive Strengths Exploration worksheet Cognitive Distortions worksheet Anger Iceberg worksheet Worry Bugs interactive Boundaries Info Sheet worksheet Coping Skills: Anxiety worksheet What is the Cycle of Anxiety? video Struggling with self-harm tends to come along with struggles regarding cognitive distortions and irrational thoughts. These thoughts can be REALLY hard to change! Talking with a therapist can be an invaluable resource, but it also helps to begin thinking about and challenging some of these thoughts on your own. Whether or not you are currently seeing a therapist, you may find challenging your thoughts a difficult but important step in your recovery. What are cognitive distortions? In simplest terms, cognitive distortions are ways that our minds convince us that something that isn't true really is. These are when our emotions lead us to believe things that are not completely based in reality. How to Challenge a Distorted Thought: (Based on, and in a few places quoted directly from, David Burns' The Feeling Good Handbook.) FIRST: Look at the thought in question and ask if it might be a distorted thought. Look at the list of cognitive distortions. Which type of distortion is it? THEN try one (or more) of these ways to challenge/re-evaluate the thought. Ask yourself: What is the evidence of this thought? Is there anything that might disprove or disagree with this belief? Ex: "I always mess up" Is that true? What are some things I've messed up? What are some things I haven't messed up? Would I say this to a friend? What would I say if [my specific friend] was similar to me and did or experienced something like this? This thought feels true, but is there any way I test it to find out? Remind yourself things are normally not either-or, but exist on a spectrum. Remind yourself that things are usually somewhere between 0 and 100 percent. Instead of insisting you are perfect and never screw up or condemning yourself as a rotten person and giving up, acknowledge a mistake, forgive yourself, and move forward with your life. Think about other people you know. Would they agree that this thought is valid? You could even ask other people if they agree this thought or feeling is realistic. Look at the words you are using, ask yourself what those words mean? What do you mean by: "stupid", "bad", "failure", etc... Change your wording. If you said you "should", change it to "it would be nice..." or "it would be preferable"... What else might've attributed to this problem? Re-focus yourself on solving the problem instead of blaming yourself or someone else. Consider the pros and cons of this thought. How does believing this help me? How does believing this hurt me? After you've challenged this thought, you might want to consider: Is this a thought/belief that I have often? Do I have other common thoughts/beliefs that are very similar to this one? How might I continue to challenge this thought in the future? For example, you might try writing a healthier belief and putting it in their wallet, on their wall, or on a flash card. Or put write out or memorize a quote or saying that illustrates healthier way of thinking about this. Worksheets: Some CBT worksheets here about challenging an irrational thought. They are part of a 7step CBT course available free online here in pdf worksheet form. This page walks you through how to find, label, examine, and challenge a distorted thought. Includes PDFs you can print, particularly this thought record sheet. Useful PDFs available here. Scroll down the page to "Cognitive Distortions." The link "Cognitive therapy techniques to change your thoughts" opens to David Burns' description of how to challenge distorted thoughts. The Daily Record is a worksheet to record automatic thoughts, their effects, what distortion they are, and what you can replace them with. The Verticle Arrow is a worksheet designed to help you find your silent assumptions. This sheet hopes to help you find out the root anxiety/concern behind an automatic thought. Another idea of how you can catch these automatic/irrational thoughts as they occur and then stop to evaluate them. Another worksheet to identify and change irrational thoughts (the "ABC Worksheet"). Different layout and slightly different content. Helps you work through your thoughts as well by asking about the situation, your emotions, your actions, and your choices. It asks for small thought, but sends no notifications and does not give it out. The site allows you to see what you've written in the past. Automatic thoughts are images, words, or other kinds of mental activity that pop into your head in response to a trigger. These thoughts can seem mundane or unimportant, but they can, in fact, be extremely impactful. The types of automatic thoughts a person has can affect their health outcomes as well as their overall quality of life. This article will cover what automatic thinking is and how it affects people's lives, what automatic thoughts look like, and how to break the cycle of negativity with positive thoughts. Before you continue, we thought you might like to download our three Emotional Intelligence Exercises for free. These science-based exercises will not only enhance your ability to understand and work with your emotions but will also give you the tools to foster the emotional intelligence of your clients, students, or employees. What Is Automatic Thinking? Automatic thinking refers to automatic thoughts that stem from beliefs people hold about themselves and the world(Soflau & David, 2017). Automatic thoughts can be considered "surface-level, non-volitional, stream-of-consciousness cognitions" that "can appear in the form of descriptions, inferences, or situation-specific evaluations" (Soflau & David, 2017). As the name indicates, these automatic thoughts cannot be controlled by people directly, since they are reflexive reactions based on the beliefs people hold about themselves and the world. However, people can indirectly control these thoughts by challenging the beliefs that lead to them. Relevant research into automatic thinking began with Aaron Beck's research into how negative automatic thoughts affect the development of depression (Beck et al., 1979). Before long, researchers decided that positive automatic thoughts were also important to study, and particularly the relationship between both positive and negative automatic thoughts (Ingram & Wisnicki, 1988). Studies have indicated that there are a variety of consequences of being disposed toward negative automatic thoughts rather than positive automatic thoughts. For example, in people with both depression and HIV/AIDS, negative automatic thoughts are associated with depressive symptoms, and vice versa (Riley et al., 2017). In athletes, negative automatic thoughts can lead to burnout (Chang et al., 2017). Finally, in a sample of university students, negative automatic thoughts led to more mental health symptoms and decreased levels of self-esteem (Hiedurmaz et al., 2017). Our Cognitive Bias: Construction of the Self-Concept Self-concept refers to how people perceive themselves and their past experiences, their abilities, their prospects for the future, and any other aspects of the self. Aaron Beck's cognitive triad (discussed below) deals with self-concept and the construction of the self. The basic idea of how our self-concepts and cognitive biases affect our lives has to do with automatic thoughts. For example, someone with a negative self-referential schema is more likely to take things personally, leading to automatic thoughts like "People are not talking to me because I am an unlikable person," rather than exploring other possibilities (Disner et al., 2017). A negative self-referential schema can also lead to more severe symptoms of depression. Most importantly, a negative self-concept can lead to an unending cycle of negative thoughts. This is because people with negative self-referential schemas exhibit attentional biases. For example, when asked to decide whether an adjective describes themselves or not, people with depression are more likely than a control group to select negative adjectives (Disner et al., 2017). Depressive people also show an attentional bias by being quicker than healthy the control group to endorse negative adjectives and quicker to reject positive adjectives (Disner et al., 2017). In turn, being likelier to endorse negative adjectives is correlated with longer depressive episodes (as reported afterward), demonstrating the cycle of negativity. Aaron Beck's Cognitive Triad According to psychiatrist Aaron Beck and colleagues, "[t]he cognitive triad consists of three major cognitive patterns that induce the patient to regard himself, his future, and his experiences in an idiosyncratic manner." (1979) According to Beck's cognitive triad, someone who is depressed will automatically have a negative view of themselves, their experiences (that is, the things that the world around them causes to happen to them), and their future. According to this model, "the other signs and symptoms of the depressive syndrome" are "consequences of the activation of the negative cognitive patterns" (Beck et al., 1979). According to Beck, this is because a depressed person "tends to perceive his present, his future, and the outside world (the cognitive triad) in a negative way and consequently shows a biased interpretation of his experiences, negative expectancies as to the probable success of anything he undertakes, and a massive amount of self-criticism" (Beck et al., 1979). In other words, people who are depressed have a negative view of themselves and their lives, and these negative views lead to further symptoms of depression. These symptoms of depression often then lead people to have a negative view of themselves and their lives, creating a cycle of negativity. 50+ Examples of Positive and Negative Automatic Thoughts So, how do automatic thoughts actually present themselves? Since automatic thinking research began with negative thoughts, we'll start with negative automatic thoughts. According to the Automatic Thoughts Questionnaire (ATQ-30) developed by Steven Hollon and Philip Kendall in 1980, some examples of negative automatic thoughts include: "I feel like I'm up against the world." "I'm no good." "Why can't I ever succeed?" "No one understands me." "I've let people down." "I don't think I can go on." "I wish I were a better person." "I'm so weak." "My life's not going the way I want it to." "I'm so disappointed in myself." "Nothing feels good anymore." "I can't stand this anymore." "I can't get started." "What's wrong with me?" "I wish I were somewhere else." "I can't get things together." "I hate myself." "I'm worthless." "Wish I could just disappear." "What's the matter with me?" "I'm a loser." "My life is a mess." "I'm a failure." "I'll never make it." "I feel so helpless." "Something has to change." "There must be something wrong with me." "My future is bleak." "It's just not worth it." "I can't finish anything." The revised version of the automatic thoughts questionnaire (ATQ-R) (Kendall et al., 1989), which is a measure still used as a basis for automatic thinking research (Koseki et al., 2013), lists the following positive items as additional examples of automatic thoughts (along with the 30 negative thoughts listed above): "I'm proud of myself." "I feel fine." "No matter what happens, I know I'll make it." "I can accomplish anything." "I feel good." "I'm warm and comfortable." "I feel confident I can do anything I set my mind to." "I feel very happy." "This is super!" "I'm luckier than most people." According to Rick Ingram and Kathy Wisnicki (1988), some more examples of positive automatic thoughts include: "I am respected by my peers." "I have a good sense of humor." "My future looks bright." "I will be successful." "I'm fun to be with." "I am in a great mood." "There are many people who care about me." "I'm proud of my accomplishments." "I will finish what I start." "I have many good qualities." "I am comfortable with life." "I have a good way with others." "I am a lucky person." "I have friends who support me." "Life is exciting." "I enjoy a challenge." "My social life is terrific." "There's nothing to worry about." "I'm so relaxed." "My life is running smoothly." "I'm happy with the way I look." "I take good care of myself." "I deserve the best in life." "Bad days are rare." "I have many useful qualities." "There is no problem that is hopeless." "I won't give up." "I state my opinions with confidence." "My life keeps getting better." "Today I've accomplished a lot." Cognitive Restructuring of Core Beliefs and Automatic Thoughts Positive automatic thoughts can offset the negative effects of both negative automatic thoughts and stress in general. For example, people with frequent positive automatic thoughts are likely to respond to stress by feeling that their lives are more meaningful, while people with infrequent positive automatic thoughts are likely to respond to stress by feeling that their lives are less meaningful (Boyraz & Lightsey, 2012). Furthermore, higher levels of positive automatic thoughts are correlated with higher levels of happiness (Lightsey, 1994). This indicates that in order to have better mental health outcomes, one should reduce their negative automatic negative thoughts and increase their positive automatic thoughts. This is because negative thinking is natural and it's impossible to completely eliminate it, but outweighing negative thoughts with positive thoughts is possible. One way to do this is with cognitive restructuring (CR), which involves (Hope et al., 2010): Identification of problematic cognitions known as automatic thoughts; Identification of the cognitive distortions in the automatic thoughts; A rational disputation of automatic thoughts with Socratic dialogue; Development of a rational rebuttal to the automatic thoughts; Research in CR with automatic thoughts indicates that effective CR might focus on negative self-evaluative automatic thoughts, especially ones triggered by certain situations. One example could be someone whose automatic thought when faced with an uncomfortable situation is, "I don't know what to say" (Hope et al., 2010). Focusing on this type of thought is helpful because it can easily be disproved with exposure and role-playing. Another effective CR method when dealing with other-referent automatic thoughts (as opposed to self-referent automatic thoughts) is to minimize the consequences of the negative automatic thoughts. For example, a person could ask herself, "So what if she thinks you are boring?" Aside from CR, research indicates that people with higher levels of dispositional mindfulness are less likely to experience automatic negative thoughts, potentially because they can more easily let go of negative thoughts or direct their attention elsewhere (Frewen et al., 2008). That study also indicated that a mindfulness intervention derived from both mindfulness-based stress reduction and mindfulness-based cognitive therapy was effective at reducing negative thoughts. This indicates that along with positive thinking, mindfulness is another way to counteract negative automatic thinking. 5 CBT Worksheets for Challenging Negative Self-Talk and Automatic Thoughts For practical ways to challenge and dispute negative automatic thinking, one can try using one of these worksheets. They're based on the principles of cognitive-behavioral therapy, commonly referred to as CBT. Getting Rid of ANTS: Automatic Negative Thoughts This simple worksheet starts out by offering some information about automatic thoughts and their consequences. The rest of the worksheet is split into three columns: Trigger, Automatic Negative Thought (ANT), and Adaptive Thought, and aims to help people understand and dispute (if necessary) their automatic thoughts. This worksheet is a great introduction to automatic thoughts. Identifying the ANTS: Challenging Different Types of Automatic Thought Identifying ANTS gives an overview of ten different types of ANTS and what they look like in daily life. In the space provided, you can practice identifying each type of ANT, to help you better understand your subconscious thoughts and take the first step toward replacing them. Along with the exercise, you'll find five Challenge Questions you can use to tackle each ANT when you notice it popping up. Thought/Feeling Record Worksheet This worksheet focuses on specific negative automatic thoughts, one at a time, and examines what triggers them, as well as their consequences. This exercise can help people understand their negative automatic thoughts and replace them with positive thoughts. It's excellent for someone looking to extensively examine their individual thoughts. Positive Replacement Thoughts Worksheet This Positive Replacement Thoughts Worksheet also asks users to list all the automatic negative thoughts that come to their minds, then asks them to thoughtfully come up with alternative positive thoughts with which they can replace the negative thoughts. It is more concise than the two Thought Records above, and since it does not offer information about automatic thoughts, it is a good option for someone who understands the concept and is ready to start replacing their negative thoughts with positive ones. Questions for Challenging Thoughts Another simple resource, this one-page worksheet serves as an appendix of questions focused on challenging automatic thoughts. It includes a list of questions that users can use to dispute negative thoughts, and works well with any of the other Automatic Thoughts exercises on this page. This straightforward tool is a great grab-and-go option for people who want to use Socratic Questioning and fact-checking techniques in dealing with automatic negative thoughts. A Take-Home Message Negative automatic thinking not only leads to poor mental health outcomes, but it can also lead to a cycle of negativity—certain mental health issues can lead to increased negative thoughts, and vice versa. While these thoughts can seem impossible to avoid, it's possible to use positive thinking to counteract them. And through CBT methods, people can train themselves to think more positive thoughts in general. At times, "the power of positive thinking" sounds like it's just a pseudo-inspirational cliché. In this case, though, having healthy beliefs about oneself can lead to more positive automatic thoughts, which can indeed be beneficial. Most importantly, thinking positive thoughts and having positive beliefs is absolutely free of cost, so it doesn't hurt to try it out. What do you think of negative automatic thoughts? Have you ever confronted your negative automatic thoughts, and if so, how did you do it? We'd love to know your thoughts in the comments below. We hope you enjoyed reading this article. Don't forget to download our three Emotional Intelligence Exercises for free. Beck, A.T., Rush, A.J., Shaw, B.F., Emery, G. (1979). Cognitive Therapy of Depression. New York, NY: The Guilford Press. Boyraz, G., Lightsey, O.R. (2012). Can Positive Thinking Help? Positive Automatic Thoughts as Moderators of the Stress-Meaning Relationship. American Journal of Orthopsychiatry, 82(2), 267-277. 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