



## Cognitive Restructuring Worksheet

This worksheet employs the use of Socratic questioning, a technique that can help the user to challenge irrational or illogical thoughts.

The top of the worksheet describes how thoughts are a continuing mental narrative. Because they are so fleeting, we don't often get a chance to challenge them. This worksheet aims to help us capture one or two of these thoughts and analyze them.

1. The first bubble to be filled out is "**What I'm Thinking.**" This is where clients write down a specific thought, usually one they suspect is destructive or irrational.
2. Next, **write down the supporting facts for and against this thought.** What proof is there that this thought is accurate? What proof exists that calls it into question?
3. They can then **make a judgment on this thought**, specifically whether it is based on evidence or opinion.

Once clients have explored the objective support, they will find a mindmap with more Socratic questions.

1. First, they will decide whether this thought is truly an either/or situation, or whether in reality there are shades of gray. Instruct clients to think about whether they are using all-or-nothing thinking, or making things unreasonably simple when they are truly complex.
2. Another bubble invites clients to consider whether they could be misinterpreting the evidence or making any unverified assumptions.
3. Then, whether other people might have different perspectives on the same situation, and what those perspectives might be.
4. Next, ask yourself whether you are looking at all the relevant facts or just the those that back up the belief you already hold. Try to be as objective as possible.
5. The next bubble asks you whether your thought may an overinflating the reality. Some negative thoughts are based in truth but extended past their logical boundaries.
6. Next, you are instructed to consider whether you are entertaining this negative thought out of habit or because the facts truly support it.
7. Once you have decided whether the facts support this thought, you are encouraged to think about how this thought came to you. Was it passed on from someone else? If so, are they a reliable source for truth?
8. Finally, complete the worksheet by identifying how likely the scenario your thought brings up actually is, and whether it is the worst case scenario.



## Cognitive Restructuring

*Worksheet*



**Facts Supporting The Thought**

**Facts Contradicting The Thought**

Is this thought based on evidence or opinion?

## Cognitive Restructuring

*How likely is this scenario? Is it a worse-case scenario?*

*Is the situation as black and white as it seems?*

*Could I be misinterpreting the facts?*

*How did this thought come to me? Was my source reliable?*

**What I'm Thinking**

*Could others have different perspectives? Like what?*

*Am I entertaining this thought out of habit? Or do the facts truly support it?*

*Could I be overinflating the facts?*

*Am I looking at ALL the facts? Or just 'supporting' facts?*