



Helpful Thoughts Exercise Worksheet

Your brain is your most powerful tool. But sometimes unhelpful thoughts arise automatically during a tough situation. They can bring up emotions and physical sensations that negatively impact your ability to respond. But with practice you can slow things way down, challenge and replace the unhelpful thoughts, and improve your response to tough situations. Use this worksheet any time you are trying to do that.

<p>Situation What is the circumstance that brings up the unhelpful thoughts (who, what, where, when)?</p>	
<p>Unhelpful Thoughts Write down the actual thought that goes through your mind in the situation.</p>	
<p>Immediate Emotions What are your feelings in this situation as it happens? How strongly do you feel them (1-10)?</p>	
<p>Physical Sensations What feelings show up in your body?</p>	
<p>Challenge Unhelpful Thoughts What arguments would you make against the unhelpful thoughts to a best friend or loved one who asked for help?</p>	
<p>Alternative, Helpful Thoughts What thoughts could replace the unhelpful ones?</p>	
<p>Best Response With the alternative, helpful thoughts in mind, what course of action do you want to pursue?</p>	
<p>Emotions After What feelings do you have now? How strongly do you feel them (1-10)?</p>	