HANDOUT 26: PROBLEMATIC THINKING STYLES LOG WORKSHEET

Instructions: For each upsetting situation that occurs over the next week, complete one row of the table.

Upsetting Situation	Feeling	Thought	Problematic Thinking Style	More Helpful Thought
Ex. 1: Friend did not say hello	*Guilt* *Anger*	*I did something to make my friend mad at me.* *My friend is being a jerk.*	*Self-blame* *All-or-None thinking*	*My friend did not see me.* *My friend was distracted*
Ex. 2: I hear a loud noise outside my window at	*Fear*	*Someone is trying to get inside my house to hurt me.*	*Over-estimation of risk or Catastrophizing*	*It is just the cat. An animal knocked over my trashcan.*