

## Negative and dysfunctional thoughts evaluation worksheet

<b>Date and situation</b> <i>What evoked the unpleasant emotions?</i>	<b>Emotions</b> (Anxious, sad, angry, guilty etc) <i>Rate intensity /10</i>	<b>Automatic thoughts and images</b> <i>Rate out of 10 how much you believe the thought or what is portrayed in the image</i>	<b>Cognitive distortions</b>	<b>Re-evaluation</b> <i>Write a realistic and undistorted thought that you can believe in</i> <i>Rate out of 10 how much you believe in this</i>	<b>Outcome</b> <i>How intense is the original emotion (out of 10)?</i>	<b>Further action</b> <i>Do you need to take some further action in light of your re-evaluation?</i>