

## Testing Your Thoughts

This worksheet is a version of a Dysfunctional Thought Record

What is the situation? \_\_\_\_\_

What am I thinking or imagining? \_\_\_\_\_

How much do I believe it? A little Medium A lot (rate 0-100 \_\_\_\_\_)

How does that thought make me feel? Angry Sad Nervous Other \_\_\_\_\_

How strong is the feeling? A little strong Medium Very strong (rate 0-100 \_\_\_\_\_)

What makes me think the thought is true? \_\_\_\_\_

What makes me think the thought is not true or not completely true?  
\_\_\_\_\_

What's the worst that could happen? Would I still live through it? \_\_\_\_\_  
\_\_\_\_\_

What's the best that could happen? \_\_\_\_\_

What will probably happen? \_\_\_\_\_

What will happen if I keep telling myself the same thought? \_\_\_\_\_  
\_\_\_\_\_

What could happen if I changed my thinking? \_\_\_\_\_

What would I tell my friend \_\_\_\_\_ if this happened to them? \_\_\_\_\_  
\_\_\_\_\_

What's another way to look at this? \_\_\_\_\_

What should I do now? \_\_\_\_\_

How much do I believe the negative thought now? A little Medium A lot (rate 0-100 \_\_\_\_\_)

How strong is my negative feeling now? A little Medium Very strong (rate 0-100 \_\_\_\_\_)

## Testing Your Thoughts (Example)

What is the situation? **I want to be connected with my community, but my disability makes it hard to get out of the house.**

What am I thinking or imagining? **I can't connect with my community anymore.**

How much do I believe it? A little Medium **(A lot)** (rate 0-100 **80**)

How does that thought make me feel? Angry Sad Nervous Other **Lonely**

How strong is the feeling? A little strong Medium **(Very strong)** (rate 0-100 **80**)

What makes me think the thought is true? **I'm stuck at home all day, I haven't been able to work because there is nowhere that is accessible in my community.**

What makes me think the thought is not true or not completely true? **I am able to go to my church every week because they have a wheelchair ramp. My friends come to visit me regularly.**

What's the worst that could happen? Would I still live through it? **People will forget about me, I will be stuck in my home forever. Yes, I wouldn't like it, but I could live with this.**

What's the best that could happen? **My community steps up, and makes changes to accommodate me.**

What will probably happen? **Maybe I can find a job working remotely? And start driving to the nearby town to look there?**

What will happen if I keep telling myself the same thought? **I would stop looking for work, and nothing will change.**

What could happen if I changed my thinking? **I might be able to make other connections in my community that make me happy. I might find a job working from home, or nearby. I would keep looking for support.**

What would I tell my friend if this happened to them? **I would say, don't give up. That this is hard, but you'll be okay. Your community is working to change things, but it's slow.**

What's another way to look at this? **I am limited with where I can go, but not completely disconnected.**

What should I do now? **I'm going to see if there are any places in the nearby town that have accessible or remote work.**

How much do I believe the negative thought now? A little **(Medium)** A lot (or rate 0-100 **50**)

How strong is my negative feeling now? A little **(Medium)** Very strong (or rate 0-100 **40**)