# APPENDIX 4.3: UNHELPFUL THOUGHTS WORKSHEET

<table>
<thead>
<tr>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 1: Event</strong></td>
</tr>
</tbody>
</table>
| **Step 2: Unhelpful Thoughts** | Rate how true you believe it is from 1 to 10:__  
Rate how true you believe it is after Step 5 & 6:__ |
| **Step 3: Unhelpful Thought**  
(Circle type of unhelpful thought) | 1) Name-Calling  
2) Should, Could, Would  
3) Tune Into Negative/Tune Out Positive  
4) Black & White Thinking  
5) Exaggerations  
6) What’s the Use  
7) If Only  
8) Doomsday Thinking/Fortune telling |
| **Step 4: Circle Emotions** | Angry Sad Bothered Worried Scared Other  
Rate how strong your emotions are from 1 to 10:__  
Rate how you feel after finishing Step 5 & 6:__ |
| **Step 5: Way to Change Unhelpful Thoughts**  
(Pick as many as needed) | 1) Action  
2) Language  
3) As If (You Were A Friend)  
4) Consider Alternatives/In-Betweens  
5) Scale Technique  
6) Examine Consequences  
7) Credit Positives  
8) Helpful Thoughts  
9) Thought Stopping |
| **Step 6: Helpful Thought** | Rate how strongly you believe it from 1 to 10:__ |