

Recognising Unhelpful Thoughts

This worksheet helps identify unhelpful thoughts by analyzing events, emotional responses, and their intensity. By questioning the factual basis of these thoughts, you can gain clarity and foster healthier thinking patterns.

Event	Emotion	Intensity 1-5 (1 is the lowest and 5 highest)	Is it a fact? If yes, what evidence do you have?	Rationalise the thought
				
				
				