

**HANDOUT 8.1D**  
**Sample Challenging Beliefs Worksheet**

A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought, or belief leading to the unpleasant emotion(s).	Write thought/Stuck Point related to situation in section A. Rate your belief in this thought/Stuck Point from 0 to 100%. (How much do you believe this thought?)	Use <b>Challenging Questions</b> to examine your automatic thought from section B. Consider whether the thought is balanced and factual, or extreme.	Use the <b>Patterns of Problematic Thinking Worksheet</b> to decide whether this is one of your problematic patterns of thinking.	What else can I say instead of the thought in section B? How else can I interpret the event instead of this thought? Rate your belief in the alternative thought(s) from 0 to 100%.
A friend wants to set me up for a date with someone she knows.	I can't get involved with anyone and let anyone close enough to see how restricted my life has become.—75%	<p>Evidence for? <i>One person I told about the assault while we were dating was very supportive at the time, but became more and more distant after that and finally stopped calling altogether.</i></p> <p>Evidence against? <i>My friends and family have been supportive.</i></p> <p>Habit or fact? <i>Habit.</i></p> <p>Not including all information? <i>My friend wouldn't set me up with a mean person.</i></p> <p>All-or-none? <i>Most healthy people would not run from a relationship.</i></p> <p>Extreme or exaggerated? <i>I am making assumptions about how other people will react.</i></p> <p>Focused on just one piece? <i>That he will judge me.</i></p>	<p>Jumping to conclusions: <i>Yes, assuming that it will go badly.</i></p> <p>Exaggerating or minimizing: <i>Because one date may have had problems, this doesn't mean that others will.</i></p> <p>Ignoring important parts: <i>That person was not healthy or secure.</i></p> <p>Oversimplifying: <i>If I tell someone who can't deal with it, it is not necessarily bad, because I could find out something important about the relationship.</i></p> <p>Overgeneralizing: <i>Same as above. One bad experience doesn't mean that everyone is the same. I don't have to talk about my restricted life.</i></p> <p>Mind reading: <i>Yes, I am assuming what he thinks, and I haven't even met him yet.</i></p> <p>Emotional reasoning: <i>Because I am scared, I assume that it will go badly.</i></p>	<p><del>A date could tell me they don't want anything to do with me because I am dealing with having been assaulted.—60</del></p> <p><i>Some people have been very supportive.—70%</i></p>
	<b>C. Emotion(s)</b>			<b>G. Re-Rate Old Thought/Stuck Point</b>
	Specify your emotion(s) (sad, angry, etc.), and rate how strongly you feel each emotion from 0 to 100%. <i>Fearful—50%</i> <i>Sad—80%</i> <i>Angry—50%</i>	<p>Source dependable? <i>Coming from past negative experience and from an unhealthy person.</i></p> <p>Confusing possible with likely? <i>It is possible that he won't like me, but it is possible I won't like him either.</i></p> <p>Based on feelings or facts? <i>Feelings.</i></p> <p>Focused on unrelated parts? <i>Just because I was a victim before doesn't mean that everyone will judge me. Maybe they would judge the rapist.</i></p>		<p>Re-rate how much you now believe the thought/Stuck Point in section B, from 0 to 100%. <i>50%</i></p> <p style="text-align: center;"><b>H. Emotion(s)</b></p> <p>Now what do you feel? Rate it from 0 to 100%. <i>Fearful—25%</i> <i>Sad—40%</i> <i>Angry—10%</i></p>