

# AUTOMATIC THOUGHT CHALLENGE WORKSHEET

Dr. Jane Bolton, PsyD, LMFT, CC  
Psychotherapy and Master Results Life Coaching

Once you have recognized an automatic thought, you can begin to correct your thinking by challenging your old automatic thinking patterns. Find an automatic thought, write it in the space below and ask yourself the following questions about that thought.

## **Evidence Challenge:**

What is the evidence? (What did I see, hear, etc. that made me come to that conclusion?)

What is the evidence that supports the idea of my automatic thought ?

What is the evidence that goes against the idea of my automatic thought ?

## **Widening the View:**

What may be an alternative explanation?

## **Gaining Power by Examining Probabilities**

What is the worst thing that could happen?

Could I live through it?

What is the best thing that could happen?

What is the most realistic outcome?

## **Costs & Benefits of Believing the Automatic Thought**

What is the effect of my believing the automatic thought?

What would be the effect of changing my thinking?

What should I do about it?

## **Using Your Inner Advisor**

What would I tell \_\_\_\_\_ (a friend) if he/she were in the same situation?

*Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit [www.Dr-Jane-Bolton.com](http://www.Dr-Jane-Bolton.com)*