

Thought Grid (Example 1)

Situation (What happened?) A	Automatic Thought(s) (%=Degree to which it's believed) B₁	Emotion(s) (Rate intensity 0 -100%) C₁	Alternative Thought(s) (% = Degree to which it's believed) B₂	Emotion(s) (Rate intensity 0 -100%) C₂
Monday morning, I wake up at 7:00 to get ready for work. (It took me 1 hour to fall asleep last night and I was awake for around 2 hours throughout the night.)	"I won't be able to function at all today because of my poor night's sleep." (90%)	Anxiety (85%) Discouragement (75%)	<p><u>Potential key questions:</u> "Why will it really be impossible for me to function today? What proof do I have? Have I gone through this before? If so, what happened?"</p> <p><u>Answers:</u> "It's not the first time that I've had a hard time sleeping. Come to think of it, up until now, nothing bad (catastrophic) happened. I was able to be productive at work, even though I was tired." (95%)</p>	Anxiety (25%) Discouragement (10%)

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Key Questions for Eliciting More Realistic and Helpful Thoughts

Questions to ask oneself to become familiar with columns A, B₁ and C₁ identify automatic thoughts (B₁):

- What thoughts come to mind when I think of this situation?
- When I feel (...), what am I thinking of?
- What's the worst that can happen?
- What does this situation mean to me?
- What image comes to mind?

Questions to ask oneself to deconstruct limiting beliefs and generate alternative healthier, more realistic thoughts (B₂):

1. What proof do I have for or against this thought?
2. What is the likelihood of this happening?
3. Is there another way to see the situation?
4. What's the worst that could happen? And if that were to occur, what then? And after that? Could I face it?
5. What's the best outcome in this situation?
6. What can I do about this situation? Is it under my control?
7. Does this belong to me?
8. Is this an impression or a fact? Am I discounting facts?
9. What would I tell a friend in the same situation?
10. Is this thought helpful/working for me? If not, why would I keep entertaining it?