

Form 8.1: Practicing Cognitive Flexibility

Use this form to help you move past your first impressions by identifying if you're falling into a negative thinking trap and coming up with alternative ways you can think about the situation. Use the questions below to help you evaluate your automatic thoughts.

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| <ul style="list-style-type: none"> <input type="checkbox"/> Do I know for certain that _____ will happen or is true? <input type="checkbox"/> What evidence do I have for this thought or belief? <input type="checkbox"/> Could there be any other explanations? <input type="checkbox"/> Even if _____ was true, could I live with it? | <ul style="list-style-type: none"> <input type="checkbox"/> How much does it <i>feel</i> like _____ is true? What is a more <i>realistic</i> chance that _____ is true? <input type="checkbox"/> Is my negative automatic thought driven by the intense emotions I'm experiencing? <input type="checkbox"/> If _____ was true, could I cope with it? How would I handle it? |
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Situation/Trigger	Automatic Thought(s)	Is this a Thinking Trap? YES/NO	Other Interpretation(s) <i>Often include "automatic thought may not be true" and "even if it is, I could cope."</i>