Challenging Questions Worksheet

Below is a list of questions to be used in helping you challenge your maladaptive or problematic beliefs. Not all questions will be appropriate for the beliefs you choose to challenge. Answer as many questions as you can for the belief you have chosen to challenge below.

Belief: _____

1. What is the evidence for and against this idea?
   For:

   Against:

2. Is your belief a habit or based on facts?

3. Are your interpretations of the situation too far removed from reality to be accurate?

4. Are you thinking in all-or-none terms?

5. Are you using words or phrases that are extreme or exaggerated (i.e., always, forever, never, need, should, must, can't, and every time)?

6. Are you taking the situation out of context and only focusing on one aspect of the event?

7. Is the source of information reliable?

8. Are you confusing a low probability with a high probability?

9. Are your judgments based on feelings rather than facts?

10. Are you focused on irrelevant factors?

Challenging Beliefs Worksheet

A. Situation	B. Thought(s)	D. Challenging Thoughts	E. Problematic Patters	F. Alternative Thought(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought(s) related to Column A. Rate belief in each thought below from 0-100% (how much do you belief this thought)	Use **Challenging Questions** to examine your automatic thoughts from Column B. Is the thought balanced and factual or extreme?	Use **Patterns of Problematic Thinking Worksheet** to decide if this is one of your problematic patterns of thinking.	What else can I say instead of column B? How else can I interpret the event? Rate belief in altnerative thought(s) from 0-100%
	C. Emotion(s) Specify sad, angry, etc., and rate how strongly you feel each emotion			**G. Re-rate Old Thought(s)** **H. Emotion(s)** Now what do you feel?