

COGNITIVE RESTRUCTURING EXERCISES

IDENTIFYING NEGATIVE AUTOMATIC THOUGHTS

Behaviour	Negative Automatic Thought	Emotional response

(Adapted from Claiborn & Pedrick , 2002)

IDENTIFYING FAULTY UNDERLYING BELIEFS

Negative Automatic Thought	Underlying Core Belief

ALTERNATIVE WAYS OF THINKING

Negative automatic thought	Underlying core belief	Evidence to support and refute beliefs and thoughts	Alternative Belief	Alternative thought