

Thought Challenging

What is the situation that is bothering you?

Finals

What thoughts are popping into your mind about it? What are you worried will happen?

I'm going to fail & it will lower my final grade.
I won't get into a good college.

Circle the "hot thought," the one that makes you feel the worst.

How true does this thought *feel* (0-100%)? 95%

List the evidence that suggests that this thought is true.

70% of grade
teacher is strict at grading
will no credit even if work well

List the evidence that suggests that this thought is NOT true, or not completely true.

Have other grades that in that subject that are good
A B is not failing
A C is average, B is above average
It may bring grade down only slightly if at all
I often think I'm going to fail and don't

Identify the cognitive distortions or thinking errors that are making you believe that this thought is true.

All or nothing
Magnification
Emotional Reasoning
Jumping to conclusions

Using logic and facts, how true do you actually think it is (0-100%)? 30%

Develop a balanced belief taking into account the work completed above.

I'm going to try my best. Even though it feels like I'm going to fail I probably won't.