THERAPY
RESOURCES

CBT

COGNITIVE BEHAVIORAL THERAPY

WORKSHEET

Testing Your Thoughts

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CO-PARENTING
TOOLS, TIPS, & TACTICS

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CO-PARENTING
TOOLS, TIPS, & TACTICS

"Helping families before, during, and after divorce."

SERVICES PROVIDED BY DR. VICK

FORENSIC SERVICES
(ALL require a court order)

Reunification Therapy
Family Integration Therapy
Court-Qualified Parenting Coordinator
FL Supreme Court Certified Family Mediator
Expert Witness Services
Professional Consultation
Collaborative Divorce Coach / Neutral Facilitator
Specialized Treatment & Consultation with Court-Involved Children & Families
Court-ordered Mental Health Evaluations / Psychological Evaluations
Competency Evaluations (Juvenile & Adults)

CLINICAL SERVICES
(no court order required)

Individual Therapy
Family Therapy
Psychological Testing
Giftedness Evaluations
Co-Parenting Divorce Consultant

***Accepting New Clients**

Testing Your Thoughts

The Testing Your Thoughts Worksheet is similar to the Thought Record, but the questions are worded more simply and it's easier to record responses.

This worksheet also provides a structured format for clients to monitor their thoughts and emotions, evaluate their thinking and respond in an adaptive way.

It should be introduced after clients firmly grasp that their thinking in specific situations affects their mood and behavior and that at times their thinking is distorted. Otherwise, it doesn't make sense to clients to use such a form.

As with all worksheets, make sure clients can complete it in session with you before suggesting it as a self-help item on their Action Plan.

This worksheet is inappropriate for clients who would find it too confusing or have an aversion to worksheets. Alert clients that the worksheet can be difficult. If they do run into any problems, they should bring it back to the next session so you can help them with it.

CO-PARENTING

TOOLS, TIPS, & TACTICS

1. What is the situation? You might be having thoughts about something that just happened in the environment or something that happened inside of you (e.g., an intense emotion, a painful sensation, an image, a daydream, a flashback or a stream of thoughts, such as thinking about my future). I got a parking ticket.

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2. What am I thinking or imagining? I'm so stupid.

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3. What is the cognitive distortion? (optional) Labeling, overgeneralizing

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4. What makes me think the thought is true? I shouldn't have lost track of time.

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5. What makes me think the thought is not true or not completely true? Other people get parking tickets. It doesn't necessarily mean they're stupid.

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6. What's another way to look at this? I just made a mistake.

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7. If the worst happens, what could I do then? Just keep paying parking tickets, but it would be better to set an alarm on my phone so it doesn't happen again.

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8. What's the best that could happen? I'll never get a parking ticket again.

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9. What will probably happen? I could get another ticket but I'll probably remember what happened this time and make sure I don't.

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10. What will happen if I keep telling myself the same thought? I'll keep being upset with myself.

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11. What could happen if I changed my thinking? I'd feel better.

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12. What would I tell my friend or family member [think of a specific person] Gabe if this happened to him or her? It's not that big a deal. So you forgot and made a mistake. You know how to avoid doing this in the future.

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13. What would be good to do now? Get my mind off of this. Go for a walk.

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Advantage / Disadvantage Analysis

Instructions:

Clients may find it helpful to learn the skill of analyzing the advantages and disadvantages in a variety of contexts:

1. In Deciision Making a. Weighing attributes. (Should I take job A or job B?) b. Deciding whether to take a certain step. (Should I leave my partner? Go back to school? Take medication?) c. Determining whether this is a reasonable time to take a certain step. (Given that I'll eventually have to change jobs, should I do so now or later?)

2. In Changing Certain Beliefs a. What are the advantages and disadvantages of continuing to hold this belief? b. What might be the advantages and disadvantages of changing the belief?

3. In Enhancing Motivation a. What are the advantages and disadvantages [of engaging in this behavior]? b. What are the advantages and disadvantages [of not engaging in this behavior]?

CO-PARENTING

TOOLS, TIPS, & TACTICS

ADVANTAGES OF _____	DISADVANTAGES OF _____
ADVANTAGES OF NOT_____	DISADVANTAGES OF NOT_____

CO-PARENTING

TOOLS, TIPS, & TACTICS

ADVANTAGES OF _____	DISADVANTAGES OF _____
ADVANTAGES OF NOT_____	DISADVANTAGES OF NOT_____

CO-PARENTING

TOOLS, TIPS, & TACTICS

ADVANTAGES OF _____	DISADVANTAGES OF _____
ADVANTAGES OF NOT_____	DISADVANTAGES OF NOT_____

CO-PARENTING
TOOLS, TIPS, & TACTICS

Identifying Negative Thought Patterns

Instructions: Use this worksheet to identify and challenge negative thought patterns. Write down a recent situation where you experienced negative thoughts, and work through the questions to reframe your thinking.

1. Situation:

Describe a recent situation where you felt upset or distressed:

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2. Automatic Thoughts:

What were your immediate thoughts in response to the situation?

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3. Emotions:

What emotions did you experience? (Rate intensity 0-10)

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4. Evidence for the Thought:

What evidence supports this thought?

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5. Evidence Against the Thought:

What evidence contradicts this thought?

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6. Alternative Thoughts:

What are some alternative, more balanced thoughts?

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7. Outcome:

How do you feel now after considering alternative thoughts?

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CO-PARENTING

TOOLS, TIPS, & TACTICS

Notes:

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