
Cognitive-Restructuring Exercise

1. Write out the “core” problem thought in simple terms.
2. Gather up and list objective evidence to support the problem thought.
3. Do the same for objective evidence that argues against the problem thought.
4. Come up with a “reasoned conclusion” based on the evidence that will guide you to appropriate and healthy behavior

Problem Thought:

Supportive Evidence:

Disconfirming Evidence:

Reasoned, Evidence-Based Conclusion (that will lead to positive behavior):
