

Thinking Styles



So we've identified the thought that was most upsetting, this can be known as the 'hot thought'. We will now go through a process to establish the evidence 'for' and 'against' the following hot thought:

<p>My Hot Thought was:</p> <hr/>	<p>The emotion I felt was:</p> <hr/>
<p>The strength was:</p> <p>0% ----- 100%</p>	<p>The strength was:</p> <p>0% ----- 100%</p>

Next:

1. it may be helpful to understand if there were any filters on your thinking. Was there a 'style of thinking' present for you? (See Thinking Styles Sheet) List them in the table below:
2. Identify the effect this style on your thinking.
3. Finally, imagine that you are unable to use this style of thinking. What would be the effect on how you see the situation? How would you be thinking?

Thinking Style(s)	It's effect on me	How I would think if I was incapable of of this thinking style.
1	2	3

Has this response had an effect on the strength of your belief? Please re-rate your belief and how you can summarise your thought:

<p>How much I believe the original thought now:</p> <p>0% ----- 100%</p>	<p>The strength of my emotions now:</p> <p>0% ----- 100%</p>
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How I see the situation now, and what I would do if it happens again:



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