

## Intrusive Thoughts Worksheet

Our thoughts on things that happen to us can influence a lot the way we feel about them. It can be useful to try to slow down this process. We can try to understand what happened in a certain moment, what are our thoughts about what happened, and how our thoughts make us feel.

**Event** – What happened to you?

**Thoughts** – What did you think after that event?

**Emotions** – How did that make you feel?

**For example:**

Event	Thoughts	Emotions
I failed a test	I am not smart enough, I am unworthy.	Sad and Angry

Now, can you think of ways to break this 'event-thoughts-emotions' cycle?

**Thoughts** – Is my thought always true? Is my thought constructive or just critical?

**Emotions** – Do I feel this way because of what happened or do I feel this way because of my thought?

**Behaviour** – What can I do next time something similar happens?

**For example:**

Thoughts	Emotions	Behaviour
I had amazing grades at other subjects so I must be smart.	I felt angry because I thought I was not smart enough.	Next time I will think twice and realize I should have studied more instead of assuming I am not smart enough.

Can you think of similar examples that apply to you?

Event	Thoughts	Emotions



Thoughts	Emotions	Behaviour

Event	Thoughts	Emotions



Thoughts	Emotions	Behaviour

Event	Thoughts	Emotions



Thoughts	Emotions	Behaviour