## 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 |
| :---: | :---: | :---: |
| \| failed a test | I am not smart enough, <br> 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 <br> at other subjects so I <br> must be smart. | I felt angry because I <br> thought I was not smart <br> enough. | Next time I will think <br> twice and realize I <br> should have studied <br> more instead of <br> assuming I am not <br> 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 |
|  |  |  |

