



Cognitive Therapy: Thought Challenging & Reappraisal

Catastrophic thoughts can feel like facts. But feelings are not facts. CBT helps you pause, check the evidence, and create a more accurate and balanced thought. We are not trying to convince ourselves everything is perfect — just to be more realistic.

Step 1: Spot the Thought

Write down the anxious or catastrophic thought you noticed.

Automatic Thought: _____

Step 2: Weigh the Evidence

Ask yourself: What evidence supports this thought? (facts, not feelings). What evidence does NOT support this thought?

Evidence For the Thought	Evidence Against the Thought
_____	_____
_____	_____
_____	_____

Step 3: Create a More Balanced Thought

Combine both sides of the evidence into a calmer, more accurate statement.

Balanced Thought: _____

Rate how much you believe it (0–100%): _____%

Step 4: Notice the Shift

- How does your emotion intensity change after reappraising?
Before reappraisal: _____% After reappraisal: _____%
- What action might you take now that you feel calmer?

Step 5: Practice Log

Try this 2–3 times this week.

Date / Situation	Automatic Thought	Balanced Thought	Emotion Before / After
			_____ % → _____ %
			_____ % → _____ %
			_____ % → _____ %