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Cognitive Restructuring Reflection Worksheet

Experiment 8 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To examine a negative automatic thought and develop a balanced alternative.

Principle

A thought can feel convincing without being a complete statement of the evidence. Structured reflection separates a situation, interpretation and supporting/contradicting facts. It does not replace professional psychological care.

Requirements

- A mild everyday or fictional situation; no required disclosure of distressing experiences.
- Private worksheet and optional instructor-supported discussion.

Procedure

1. Describe situation

Write a brief factual event, such as one missed answer during a presentation.

2. Name thought

Record the immediate interpretation and related feeling without judging yourself for having it.

3. Review evidence

List facts supporting the interpretation and facts that do not fit it. Distinguish facts from predictions.

4. Consider alternatives

Ask what other explanation fits the evidence or what you would say to a friend in the same situation.

5. Write balance

Create a realistic statement that acknowledges difficulty and remaining options, rather than an unrealistically positive claim.

6. Choose action

Identify one useful next step and note whether the exercise was comfortable; seek appropriate support when needed.

Mental Well-Being Stress and Conflict Management

Observations and Record

Situation / automatic thought	Evidence for and against	Balanced thought / action
_____	_____	_____
Feeling / optional personal intensity	_____	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- Automatic thought: "One wrong answer means I cannot present." Balanced alternative: "I missed one answer, but explained the main points. I can check that topic and practise responding to uncertainty."

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.

Viva Questions and Answers

1. Is a balanced thought always positive?

No. It should be realistic and supported.

2. Why separate thought from event?

It reveals interpretations that may go beyond the facts.

3. What if the exercise increases distress?

Stop and use an appropriate support route rather than forcing completion.

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