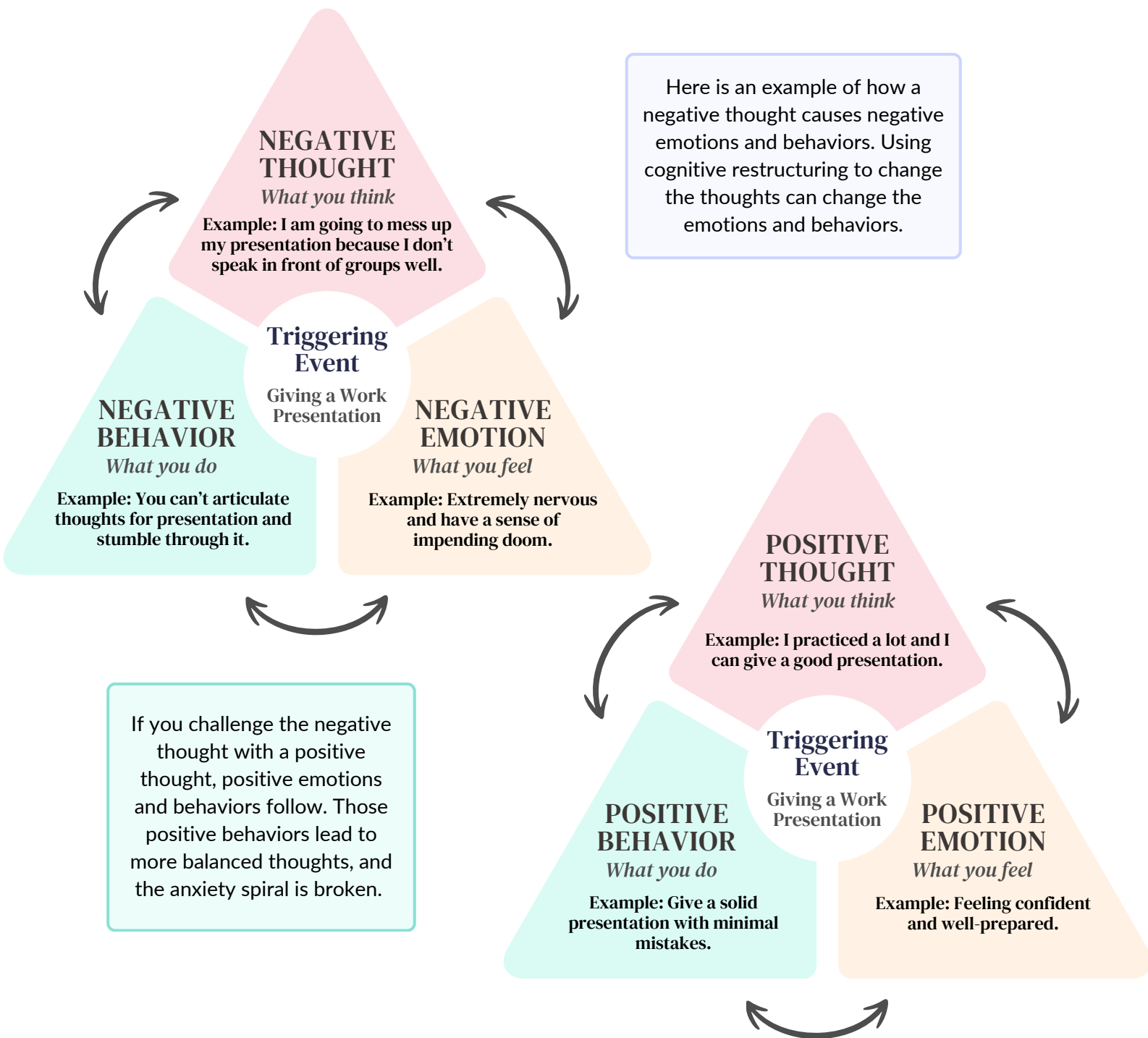


Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone experiencing anxiety, cognitive restructuring can help challenge and change the anxious and often irrational thoughts that contribute to their feelings of fear and worry.**



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I'm going to fail at this task.

EMOTION

How you feel
Ex: I feel anxious and scared.

BEHAVIOR

How you act in the situation
Ex: Procrastinate or over-prepare to the point of exhaustion.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are causing you increased anxiety by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thoughts	<hr/> <hr/> <hr/> <hr/>
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Is my thought factual?	<hr/> <hr/> <hr/> <hr/>
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What evidence do I have to support my thought?	<hr/> <hr/> <hr/> <hr/>
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What would someone else say about the situation?	<hr/> <hr/> <hr/> <hr/>
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Is it possible to view this situation differently?	<hr/> <hr/> <hr/> <hr/>
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