

Thought Management Exercises

This exercise will help you take a step back from ruminating thoughts, particularly when experiencing the cognitive distortion of “extreme thinking”, “catastrophizing”, or “black and white thinking”.

Topic/Thought: (example: health, relationships, job, etc.)	
Best Case Scenario:	Worst Case Scenario:
The Realistic Scenario: <i>(This is typically a scenario that falls in between the two extremes)</i>	

This exercise stems off of the CBT mantra of “Just because you think something, doesn’t mean it’s true”. It will allow you to consider the factual evidence that supports your thought, and alternatively, the evidence that challenges your thought.

The Thought:	
Evidence Supporting the Thought (The Defence):	Evidence Against the Thought (The Prosecution):
Judge’s Verdict:	