



Therapy Unit 6: Changing Beliefs

Worksheet 6.4 Changes in the environment! Is it really true?

Ideas/assumptions: _____

1. Record and observe!

Day 1

What did I observe?

Where does it happen? In other places as well?

When does it happen? At other times as well?

Day 2

What did I observe?

Where does it happen? In other places as well?

When does it happen? At other times as well?

Day 3

What did I observe?

Where does it happen? In other places as well?

When does it happen? At other times as well?

2. Consider other explanations!

Are there other plausible explanations for these events?

3. Look for more reasons for change!

Am I also responsible for some of the changes?

Did I behave strangely? If not: Are the consequences I'm afraid of really that severe? Is my behavior appropriate or are there more helpful coping strategies?