

Strategy Worksheet: Process a difficult situation between sessions

Please feel free to use this worksheet to process difficult situations between sessions. It guides you through identifying the triggering situation, automatic thoughts, emotions, alternative thoughts, and actionable steps, and more.

TRIGGERING SITUATION

Describe the situation that triggered your distress.

AUTOMATIC THOUGHTS

Write down the first thoughts that came to mind.

EMOTIONS (RATE INTENSITY 1-10)

Identify the emotions you felt and rate their intensity from 1 to 10.

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PHYSICAL SENSATIONS

Note any physical sensations you experienced (e.g., tight chest, nausea).

EVIDENCE SUPPORTING THE THOUGHT

List evidence or facts that support your automatic thought.

EVIDENCE AGAINST THE THOUGHT

List evidence or facts that challenge or disprove your automatic thought.

ALTERNATIVE THOUGHT

Replace the automatic thought with a more balanced or realistic one.

ACTION STEPS/WHAT I CAN CONTROL

List steps you can take to address the situation or focus on what is within your control.

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Keep going, you are doing great, I look forward to processing together next session.

— *Joslyn*

OUTCOME (EMOTIONS AFTER REFRAMING)

Re-rate your emotions after considering the alternative thought.

“LEAVES ON A STREAM” EXERCISE

Picture each thought as a leaf floating on a stream. Observe the thought without judgment and let it flow past without holding onto it. Use the space below to do a neurograph while you are doing this exercise. A neurograph is simply free form pen on paper with eyes closed and then when you open your eyes fill in the points that intersect.