

The Thought Worksheet

Complete a Worksheet whenever you experience a distressing sleep- or fatigue-related thought

Situation	Mood	Distressing Thoughts Or Images	Evidence that the most distressing thought is true	Evidence that the most distressing thought may not be true	Alternative/ balanced thoughts	Rate mood now
Describe the situation in which the distressing thought arose	Describe mood in one word and rate the intensity (0-100%)	Write down any thoughts or images going through your mind. Does this thought activate fears about your well-being or how others may view you?	<p>Circle the most distressing thought in the previous column.</p> <p>Write factual evidence for this distressing thought. Stay away from evidence that is not factual. For example, a thought that “feels” true is not factually true.</p>	Write down evidence that does not support this thought (e.g., are there experiences that show this thought is not true 100% of the time?)	Write a thought that is a better summary of the evidence for the thought	Copy the feelings from column 2. Rerate the intensity of the feelings.