



THOUGHT DETECTIVE WORKSHEET

NAME: _____

DATE: _____

What happened?

What were you thinking?

How do you feel?

1 2 3 4 5 6 7 8 9 10

Do you recognize any Thinking Traps?

Has anything like this happened before?

What is the worst that could happen?

*How bad would this really be?

Is there anything good about this situation?

What would you say to a friend in your shoes?

What are encouraging words for the future?

What can you visualize to feel better?

How do you feel?

1 2 3 4 5 6 7 8 9 10