



THOUGHT DETECTIVE WORKSHEET

NAME: *Oliver Lee*

DATE: *December 12*

What happened?

I was supposed to play in my basketball game and I couldn't do it so I ran away.

What were you thinking?

That I'm really bad and I would make our team lose. Everyone would hate me.

How do you feel?

1 2 3 4 5 6 7 8 9 10

Do you recognize any Thinking Traps?

All or Nothing, Catastrophizing, Fortune Telling

Has anything like this happened before?

I don't know. Maybe. I felt sort of the same at Thanksgiving.

What is the worst that could happen?

I would be bad. We would lose. Everyone would hate me.

***How bad would this really be?**

Is there anything good about this situation?

REALLY BAD!

Not having to be on the basketball team anymore. At least my parents weren't mad. I got to meet you (Max).

What would you say to a friend in your shoes?

*I don't know.
It'll be okay?*

What are encouraging words for the future?

*Just keep swimming.
That's what Dory says.*

What can you visualize to feel better?

A memory with my family? But those make me sad these days.

How do you feel?

1 2 3 4 5 6 7 8 9 10