**Thought Revision Worksheet**

“Thought revision” is an exercise that helps us catch and confront thoughts that make us feel worse than we need to. Thought revision is not about saying that our thoughts are “wrong” or “bad.” They are about respecting that there may be some truth in them, but that we want to make the thought more correct. The new thought helps us feel less bad.

1. Write down a thought you often have that makes you feel worse. Write is so that there is plenty of space between the words, so that you can revise the thought.
   1. If your thought is a question, the real thought to work on is the answer to that question that you are afraid of. (For example, “Why do nobody love me?” may instead be “I am not loveable”)
2. Look for parts of the sentence you wrote that is not entirely correct and change it so that it is more correct.
   1. Absolute words such as “everyone,” “nobody,” “always,” “never” (perhaps change to “some people,” “few people,” “sometimes,” “rarely”)
   2. Things phrased as if it for sure will happen. For example, “they will hate me,” “I will fail the class,” “they will throw me in jail,” “I will be homeless.” Is it 100% sure that it will happen? If not, change the sentence so that it is not so sure (“might,” “possibly,” “there’s a chance that”)
   3. Any words that are too strong? For example: Hate => dislike; idiot/stupid => not the smartest; evil => not nice/selfish
   4. If your sentence includes “can’t,” consider if it may just be that you can’t right now, that it just takes too much work, or that you don’t want to do it
   5. Any other ways your statements is too strong or assumes things you don’t really know?
   6. Are there exceptions to your statements? Is it true always and everywhere, or only certain places?

Examples:

Nobody will ever love me => Only a few people have ever loved me => a few people love me

I’m worthless => I’m worthless at work => I can’t do things right at work => There are some things I can’t do right at work => There are some things I’m not yet doing the right way at work

My incompetent boss always yells at me => My boss who is incompetent when it comes to managing people (but good with knowing our policies and how to do things) always yells at me => My boss who is not good at managing people yells at me sometimes

Police have it in for me => Police often try to catch me => Police sometimes try to catch me when I have a warrant

My boss will fire me for not showing up to work => my boss may possibly fire me because I called him and told him I was in the hospital and could not make it to work

**On a fresh piece of paper, or on the backside of this sheet, try it out. You can start with a mild thought if you want to.**