



## Toolkit 1 - Learning Unit 11 Pre intervention

### Activity 3b - Cognitive restructuring – How to work with dysfunctional thought?



Work sheet

<b>Situation:</b>			
<b>Thought:</b>	<b>Emotion:</b>	<b>Belief in thought:</b>	<b>Intensity of emotion:</b>
		%	%
<b>Evidence for:</b>		<b>Evidence against:</b>	
<b>Alternative thought:</b>			





**Psychological  
Early  
Intervention**

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**Another way how to work with thoughts (Dysfunctional Thought Record)**

Situation	Emotion	Dysfunctional thought	Alternative thought	Emotion



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