Name:_____ Date:_____ Event no.:_____

13. Reappraising a Causal Thought.

Complete one of these worksheets for each causal thought that you and your therapist have identified on worksheet 3 (ie. Agreed 'Causal' Thoughts on 3. Identifying the Causal Thought/s).

Causal Thought

_____

Look at your responses to the causal thought on worksheet 4. An Initial Evaluation of a Causal Thought. Look at what you have learned from any planned activities, including worksheets 7, 8, 9, 10, 11 and 12 (if you completed them). Look at your copies of worksheet 6. Obtaining Extra Evidence about a Causal Thought. (In particular, look closely at your answers to questions 4, 5 and 6 on copies of worksheet 6). Using **all of this information, write as many rational, helpful, realistic responses to the causal thought as you can.**

My responses to the causal thought.

Previous belief (before reappraising) in the causal thought (0-100) _____
(see worksheet 3 for this score)

Current belief (after reappraising) in the causal thought (0-100) _____

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