

THOUGHT INVESTIGATION

<p>1. SITUATION, RELATIONSHIP OR PRACTICAL PROBLEM</p> <p><i>When? Where? Who? What?</i></p>	<p>2. EMOTIONAL & PHYSICAL FEELINGS</p> <p><i><u>Underline</u> and rate (%) main one.</i></p>	<p>3. IMMEDIATE THOUGHTS</p> <p><i>About self vs. God, others, situation, future. Any memories or images.</i></p> <p><i><u>Underline</u> and rate (%) main one.</i></p>	<p>4. UNHELPFUL THINKING STYLES</p> <p><i>Choose from list:</i></p> <p><i>1 Bias against self</i></p> <p><i>2 Negative slant</i></p> <p><i>3 Catastrophising</i></p> <p><i>4 Bearing all responsibility</i></p> <p><i>5 Mind reading</i></p> <p><i>6 Extreme rules</i></p>	<p>5. IMPACT OF THE THOUGHT</p> <p><i>What I did or said or felt as a result.</i></p> <p><i>Effect on relationship with God and others.</i></p> <p><i>Helpful or not?</i></p>

THOUGHT CHALLENGE

6. EVIDENCE SUPPORTING THE IMMEDIATE THOUGHT	7. EVIDENCE AGAINST THE IMMEDIATE THOUGHT <i>Views of others, non-depressed self, me to others, Jesus.</i>	8. BALANCED CONCLUSION <i>Balanced, truthful and helpful. Rate belief & re-rate original negative thought (%).</i>	9. PLAN TO PUT CONCLUSION INTO PRACTICE <i>Set up a test? Act against the negative thought to reinforce the balanced conclusion.</i>

THOUGHT INVESTIGATION SHEET NOTES

1. SITUATION, RELATIONSHIP OR PRACTICAL PROBLEM WHEN MOOD ALTERED

Where am I, what am I doing? Consider:

- The time: What time of day is it?
- The place: Where am I?
- The people: Who is present? Who am I with?
- The events: What has been said? What events have happened?

2. ALTERED EMOTIONAL AND PHYSICAL FEELINGS

Am I:

- Low or sad? Guilty?
- Worried, tense, anxious or panicky?
- Angry or irritable?
- Ashamed?

(a) State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, underline the most powerful feeling.

(b) How powerful is this feeling? Rate from 0–100%

(c) Note down any strong physical sensations you notice.

3. IMMEDIATE THOUGHTS PRESENT AT THE TIME

What is going through my mind? How do I see:

- Myself, my relationship with God, how others see me?
- The current events/situation?
- What might happen in the future?
- My own body, behaviour or performance?
- Any memories/images?

(a) State the thought(s) clearly. Try to be as precise as possible. If more than one thought occurs, underline the most powerful thought.

(b) Rate from 0–100% how strongly you believe the most powerful thought at the time.

4. UNHELPFUL THINKING STYLES

- 1 Bias against myself
- 2 Putting a negative slant on things (Negative mental filter).
- 3 Having a gloomy view of the future/jumping to the worst conclusion/catastrophic thinking.
- 4 Negative views about how others see me (Mind-reading).
- 5 Bearing all responsibility.
- 6 Making extreme statements/rules e.g. using 'must', 'should', 'ought', 'always', 'got to', 'typical' and 'never' statements.

If any of the styles are present, you have identified an *extreme* thought.

5. IMPACT OF THE IMMEDIATE THOUGHT

(a) What did I do differently? Consider any:

- Reduced activity
- Unhelpful behaviours

(b) What was the impact on:

- Myself?
- My relationship with God?
- My view of others?
- How I felt?
- What I said?
- What I did?
- Overall, was the impact helpful or unhelpful?

If there is an unhelpful impact, you have identified an *unhelpful* thought.

THOUGHT CHALLENGE SHEET NOTES

6. REASONS SUPPORTING THE IMMEDIATE THOUGHT

List all the reasons why I believed the immediate thought at the time.

7. REASONS AGAINST THE IMMEDIATE THOUGHT

Answer the following questions:

- What would Jesus say to me about how he see this thought? How would he encourage me?
- Are there any other ways of explaining the situation that are more accurate? Is there anything to make me think the thought is incorrect?
- If I wasn't feeling anxious/depressed, what would I say?
- What would I tell a Christian friend who said the same thing?
- What helpful things would other people say to me about it?
- Have I heard different opinions from others about the thought?

8. COME TO A BALANCED CONCLUSION

Use the answers from 6 and 7 to come up with a *balanced, truthful and helpful* conclusion.

Look for a balanced conclusion that you can believe. This should be based on all the information you have available to you and bear in mind the reason for and against believing the immediate thought.

9. PLAN FOR PUTTING THE BALANCED CONCLUSION INTO PRACTICE

- How can I change what I do to reinforce my balance conclusion?
- How can I undermine my immediate negative thought by acting against it?

One possibility is to "set up a test" to see if it is true, and if the thought is false.