

**WORKBOOK**

# **10 Steps to Cognitive Restructuring**

**WELLNESS WEDNESDAY**

Created by Stride Wellness

[www.stridewellness.org/workbook](http://www.stridewellness.org/workbook)

*"You, yourself, as much as anyone in the entire universe deserve your love and affection."*

*- Buddha*



# STRIDE WELLNESS

*Created for Wellness Wednesday*

## STEP 1: RELAX

Find a way to calm yourself.  
Perhaps engage in a mindfulness activity, grounding exercise, relaxation technique or time of meditation.

## STEP 2: ANTECEDENT EVENT

What lead to your negative mood? What was the trigger?

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## STEP 3: NAME THE MOOD

Give the mood a name (should be one word only. Ex: Shame, Anger, Sadness, Fear.)

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Describe what it feels like. Perhaps it has physical, mental or emotional components.

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## STEP 4: IDENTIFY COGNITIVE DISTORTIONS

What do you say to yourself when you're in this mood?

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Which of the cognitive distortions do I engage in?

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Find a list of Cognitive Distortions at [stridewellness.org/thoughtpattern](http://stridewellness.org/thoughtpattern)



*The only person I can control is myself.*



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## STEP 5: IDENTIFY SUPPORTIVE EVIDENCE

List realistic pieces of evidence to support your thought pattern:

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## STEP 6: SEARCH FOR CONTRARY EVIDENCE

Search for evidence contradicting the negative thought pattern. List it here:

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## STEP 7: MAKE A BALANCED STATEMENT

Using the evidence from steps five and six, make a more balanced statement about yourself. List it here:

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## STEP 8: RE-EVALUATE YOUR MOOD

Has your mood changed? If so, how?

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**Tip:** Ask for help from a trusted friend/family member or counsellor.

*I love myself. I believe in myself. I support myself.*



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## STEP 9: CHANGE YOUR LANGUAGE

Do you talk this way?

- Often say, "Always."
- Often say, "Never."
- Uses labels
- Generalize negatives
- Minimize positives
- Use negative statements as motivation for future behavior

**Tip:** Each Cognitive Distortion has an achilles heel. Ask how you can counter the one(s) you struggle with the most.

## STEP 10: CREATE POSITIVE AFFIRMATIONS OR MANTRAS

List positive statements or mantras you could use as an alternative to negative thought patterns:

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*I choose purpose over perfect.*

♥

*I don't give up. Great things take time.*

♥

*Everything I need is within me*