

Focusing on thoughts Worksheet

We can't control our thoughts but we can choose how much to focus our attention on them. Sometimes it can be helpful to focus elsewhere (but without trying to block the thought out). Use this worksheet to note down how it affects you when you focus on some of the thoughts that come up for you.

Thought	Remember, your thoughts are not necessarily true.	Impact of focusing on this thought (how does it make you feel, what do you do, does it affect your symptoms?)	How helpful is it to continue focusing on this thought?	How might you choose to respond when you notice this thought?