

Emotional Reasoning Worksheet

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The Emotional Reasoning Worksheet is crafted to assist you in identifying and adjusting the cognitive distortions that arise from emotional reasoning. Through structured reflection, you can enhance decision-making and emotional awareness.

SITUATION DESCRIPTION

Describe the event or situation that triggered your emotional reaction:

EMOTIONS AND INITIAL THOUGHTS

List the emotions you felt during the situation:

Record the immediate thoughts or beliefs triggered by those emotions:

CHALLENGE AND ANALYSIS

What evidence supports or contradicts my thoughts?

Are there alternative ways to view this situation?

How might someone else perceive this same scenario?

THOUGHT REFRAMING

Write down new, more rational thoughts based on an objective assessment of the situation:

OUTCOMES AND REFLECTIONS

After applying reframed thoughts, note any changes in your emotional state or reactions in similar future situations:

ADDITIONAL NOTES

Jot down any other relevant observations or insights gained during the exercise:

Using this worksheet helps dissect the impact of emotions on your perceptions, guiding you towards more rational and balanced reactions. It's an effective tool for personal development, promoting clarity in emotional situations.