

Example—Completed Challenging Thoughts

Situation: Trying out for fall play

What are you worried might happen (thinking traps): I'm just a freshman, everyone is better than me, I'm going to forget my lines, if I make a bad impression now I'll never get a part any other year

Feelings (Rate 0–10*): Nervous = 8, Embarrassed = 5, Confident = 1

Challenging Questions: Check questions below that apply to these thinking traps.

- ☒ What is the evidence that this will happen? What is the evidence that it won't happen?
- ☒ What is the probability that this is going to happen (0–100%)? Am I exaggerating? Am I jumping to conclusions?
- ☒ What else might happen in this situation besides what I'm worried about?
- ☐ Are there other possible explanations? Are there other ways to think about this?
- ☒ What usually happens in this situation?
- ☒ What do I think when I see this happen to someone else?
- ☐ Are other people really paying as much attention to me as I think they are?
- ☒ Am I making things worse than they really are?
- ☐ Am I being fair to myself? Can I really expect to never make a mistake?
- ☐ Can I expect everyone to like me? Does it mean that no likes me?
- ☒ What advice would I give a friend who was worried about this?
- ☒ What's the worst thing that can possibly happen? Could I live with that?
- ☒ Will I remember this a week, month, or year from now? Will it really matter?

Answers to challenging questions: I might have tougher odds as a freshman, but some freshmen get parts. Maybe I can ask my brother if some people get a part in later plays after getting cut as a freshman. I've been in drama for years so I have a decent chance – maybe 50%. I'll never make it if I don't try. I would tell a friend it's worth a try. The worst that can happen is I can ruin my chances but I can always get involved in other plays outside of school.

Feelings after challenging (Rate 0–10*): Nervous = 5, Embarrassed = 3, Confident = 5

*0 = not having the feeling at all

*10 = the most you've ever had the feeling

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