





# CBT Worksheets Dr. Silvina Galperin

## DETECTIVE THINKING

Name: \_\_\_\_\_

Date: \_\_\_\_\_

 <p><b>SITUATION</b> WHAT'S HAPPENING</p>	
<p><b>THOUGHT</b> What am I thinking?</p>	
<p>Temperature Rating (0-10)</p>	
<p>EVIDENCE SUPPORTING MY <b>RED</b> THOUGHT</p>  <p>Things that happened in the past that I remember</p>	
<p>EVIDENCE <b>AGAINST RED</b></p>  <p><b>THOUGHT</b></p> <p>Things that went well</p>	
<ul style="list-style-type: none"><li>• <b>REALISTIC THOUGHT</b></li></ul> 	
<p>NEW Temperature rating ( 0 – 10 )</p>	

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