

Worksheet: Recognize and Replacing Dysfunctional Thoughts That Increase Stress and Burnout

1. Recognize

- a. The “Activating Event” that happened that started the sequence of stress, bad feelings, or burnout. Write down the event:

- b. The “Belief” or Thought that you had that led to or exacerbated your sense of stress, bad feelings, or burnout. Write down your Belief or Thought:

2. **Dispute** or Doubt the accuracy, helpfulness, or benefit of your Belief or Thoughts. (That is, recognize this Belief or Thought may be irrational, inaccurate (even partially), unproductive, or unhelpful. Then write down how or why this thought may be inaccurate, irrational, unproductive, or unhelpful:

3. **Replace** your irrational or unhelpful Belief or Thought with a new or alternative thought that is likely to be more accurate, more productive, or more rational. Write this alternative thought down. (If you are struggling with coming up with something positive, consider this: what might your best friend, spouse, partner or another positive person in your life say to you about this?)
