

## Counter Point Exercise Sheet

Fill in the sections below and try to be as detailed as possible. This exercise will help you look at the FACTS of any situation. Many times we exaggerate the perception of our self and/or surroundings causing us to have exaggerated emotional responses – anxiety or depression etc... Conduct this exercise for every situation that you find troubling. At the end of the exercise many people experience a reduction in the emotional responses because their thinking becomes much more reasonable and balanced.

What are you feeling right now? What emotions? What body sensations? How would you rate the intensity of these feelings?

What are the thoughts/beliefs that are being played out in your mind right now?

What is the evidence to support these thoughts/beliefs?

What is the evidence to refute these thoughts/beliefs?

What are you feeling now? Rate the intensity of your feelings now?