

Replacement Thinking Practice Work

Name: _____

Date: _____

1. Describe the high-risk situation(s) in which you either used replacement thoughts, or if you didn't encounter any high-risk situations, describe situations from your Worksheet 12: High-Risk Situations. These will be the situations for which you will brainstorm replacement thoughts.

RISKY THOUGHTS	REPLACEMENT THOUGHTS
1.	
2.	
3.	
4.	
5.	

3. Rate yourself on how well it worked (check one):

Excellent: _____ Good: _____

Fair: _____ Poor: _____

4. Is there anything you could have done differently?
