

**PERSONAL TARGET WORKSHEET**  
**Restructuring Thoughts**

For a period of 24 hours, monitor and challenge any maladaptive interpretations that contribute to the personal target.

Triggering event	Interpretation	Emotion(s)	Intensity of emotion(s) (0–100)	Cognitive distortions (check all that apply)	New interpretation	Emotion(s)	Intensity of emotion(s) (0–100)
				<input type="checkbox"/> Probability overestimation <input type="checkbox"/> Catastrophizing <input type="checkbox"/> Overgeneralization <input type="checkbox"/> Personalizing <input type="checkbox"/> All-or-nothing thinking <input type="checkbox"/> “Should” statements <input type="checkbox"/> Mind reading <input type="checkbox"/> Emotional reasoning <input type="checkbox"/> Minimizing			
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