GENERATING ALTERNATIVES

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| Intrusive thought identified: | Someone is trying to disrupt me |
| Current explanation for thought: | Couldn’t unlock my phone |
| Current mood associated with this belief | Anger and frustration, disbelief |

It can be helpful if we look at all of the possible explanations for this thought. I am aware that you have indicated the belief above as being the main reason for this although if there are any other alternatives for this I would be very keen to understand them.

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| **Explanation for Intrusion** | **Belief rating (1-100)**  1 = this is not the reason I am having this thought  100 = this is definitely the reason I am having this thought | **Associated mood** |
| Someone is trying to disrupt me | 100% | Anger & Frustration |
| May be there are electrical problems with the phone | 50% | Disbelief |
| I’ve forgotten my pin | 100% | stupid |
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