

# Nissen Thought Restructuring Sheet

Triggering Event	Emotion or feeling	Negative thought	Evidence that supports the thought	Evidence Against the Negative Thoughts	Alternative, positive Thought	Emotion or feeling
<p>What was happening?</p>	<p>Rate your emotions or feelings on a scale of 0%-100%.</p>	<p>Briefly write one thought or difficult memories that was going through your mind.</p>	<p>What facts support this thought?</p>	<p>How might this thought not be entirely true or complete?</p>	<p>Briefly write a new thought given the evidence for and against the negative thought.</p>	<p>Rerate your emotions or feelings on a scale of 0%-100%.</p>