

Cognitive Restructuring of an Event

When events have happened, especially when the outcome has not been the one hoped for, we can be left thinking the worst about ourselves or what has taken place.

Cognitive restructuring is a process that helps to reshape an individual's cognition. After all, it is the belief or thought relating to the event, rather than the event itself, that most affects the individual.

The *Cognitive Restructure Worksheet* provides a useful tool to prevent our thoughts from worsening a situation that has already taken place.

Perform the following steps to restructure your thoughts about an event by positively framing, or accepting, what has happened:

What was the event?	What are my thoughts about the event?	How can I cognitively restructure those thoughts?
<p><i>Example:</i> I failed my exam</p>	<p><i>I'm useless at exams, I'll never get the grades I need for University.</i></p>	<p><i>I was well prepared for my exam. I answered all the questions and used my time well.</i></p> <p><i>If I don't get the grades, I will either retry next year or apply for a different course.</i></p>
<p><i>Example:</i> I didn't get the job</p>	<p><i>I was rubbish in the interview.</i></p>	<p><i>I haven't had the feedback yet. If I have done poorly, I will learn from my mistakes and be better prepared next time.</i></p>

What was the event?	What are my thoughts about the event?	How can I cognitively restructure those thoughts?

Dr. Jeremy Sutton