

Adaptive Sleep Thoughts Worksheet

SITUATION: (i.e. Not sleeping)

FEELINGS:

STRONGEST FEELING:

INTENSITY RATING **(0–100) NOW:**

INTENSITY RATING **(0–100) LATER:**

THOUGHTS ASSOCIATED WITH STRONGEST FEELING:

CIRCLE YOUR MAIN UNSETTLING SLEEP THOUGHT.

DOES THIS THOUGHT INVOLVE FORTUNE-TELLING, CATASTROPHIZING, UNDERESTIMATING YOUR ABILITY TO MANAGE YOUR SLEEP, SETTING A STANDARD, OR OTHER?

COUNTER-STATEMENTS:

CHOOSE ONE THAT IS REALISTIC AND THAT LOWERS THE INTENSITY OF YOUR FEELING.

YOUR MAIN ADAPTIVE SLEEP THOUGHT:

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