

Identify, Interrupt, Challenge, and Replace Depressive Thoughts: Monitoring Form

INSTRUCTIONS: Print out multiple copies. Carry the forms with you throughout the day. Remember to use your stopping statement and image to interrupt each thought. Then, practice challenging and replacing the thought. Practice for several days. Then, return to the Program and complete Practice Constructive Thinking.

Depressive Thought	
What is the evidence this thought is true?	
What is the evidence this thought is NOT true?	
Does believing this thought offer hope for the future?	
Does believing this thought hurt you in any way?	
Replacement Thought (It should be realistic, hopeful, and reassuring)	
Depressive Thought	
What is the evidence this thought is true?	
What is the evidence this thought is NOT true?	
Does believing this thought offer hope for the future?	
Does believing this thought hurt you in any way?	
Replacement Thought (It should be realistic, hopeful, and reassuring)	
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