

SOLUTION.

DETECTIVE THINKING EXAMPLES

Sam's Example

Event What is happening?	I'm in a class discussion and everyone has to contribute.
Thoughts What am I thinking?	I'll say something stupid and get laughed at.
Worry rating	0 1 2 3 4 5 6 7 8 9 10
Evidence What are the facts?	<ul style="list-style-type: none"> • I practiced at home, I know my topic really well. • They didn't laugh at me last time • They are my friends, they won't laugh at me. • Everyone has to speak, so no one will laugh
What might others be thinking?	We are all feeling nervous when we have to speak in front of the class
What is my realistic thought?	I can do this. No one will laugh at me
Worry rating	0 1 2 3 4 5 6 7 8 9 10

Sarah's Example

Event What is happening?	I am spending the day at my Grandma's
Thoughts What am I thinking?	Why is my mum sick?
Worry rating	0 1 2 3 4 5 6 7 8 9 10
Evidence What are the facts?	<ul style="list-style-type: none"> • Mum was not looking sick when I left. • If she did get sick she is with friends and they will help her. • She could be having a great time. • Most of the time when mum gets sick it is only a cold or tummy bug, not something serious. • Mum can take care of herself when I am at school so why not now
What might others be thinking?	<ul style="list-style-type: none"> • Mum is having a great time. • Mum is not sick, and if she did get sick she could take care of herself.
What is my realistic thought?	Mum is not sick.
Worry rating	0 1 2 3 4 5 6 7 8 9 10

SOLUTION.

DETECTIVE THINKING WORKSHEET

Event What is happening?	
Thoughts What am I thinking?	
Worry rating	1 2 3 4 5 6 7 8 9 10
Evidence What are the facts?	
What might others be thinking?	
What is my realistic thought?	
Worry rating	1 2 3 4 5 6 7 8 9 10