

Thought Model Worksheet

Name: Rhett Johnson

Age: 29

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Understanding your experience

Circumstance: Please share the situation as you see it, remembering it's neither good nor bad on its own.

During a team meeting, it was pointed out that there were several errors in the last publication, which were my responsibility to catch.

Thought: What thoughts come to mind about this situation?

It's not my fault; the writers are always sloppy and don't double-check their work. They should be more careful.

Feelings: How do these thoughts make you feel?

I feel frustrated and defensive. I'm being unfairly blamed for these mistakes.

Actions: What do you find yourself doing when you feel this way?

I argue back, pointing out past mistakes that weren't my fault, and blame the writers openly in front of the team.

Results: What usually happens after you take these actions?

The team atmosphere becomes tense, and my relationships with coworkers are strained. The writers feel attacked and demoralized.

Beliefs: What beliefs might be guiding these thoughts and actions?

I believe that if something goes wrong, it's usually someone else's fault. I need to defend myself to not look bad.

Exploring new perspectives

Circumstance: Please share the situation as you see it, remembering it's neither good nor bad on its own.

During a team meeting, it was pointed out that there were several errors in the last publication, which were my responsibility to catch.

New thought: Can we think of another way to view the same situation?

Maybe I can approach this as a learning opportunity for myself and the team. We can all improve our accuracy.

New feelings: How might this new thought change how you feel?

I feel a bit more open and less defensive. There's a sense of responsibility and teamwork.

New actions: What might you do differently with these new feelings?

I propose a review system where we all check each other's work more collaboratively, and maybe ask for some coaching from a more experienced editor.

New results: What positive outcomes could result from these new actions?

The team may feel more supported and motivated. Errors may decrease, and the team's morale may improve. Maybe the writers will stop being angry at me.

New beliefs: What new beliefs could support this new perspective?

I believe that taking responsibility can improve my relationships at work and lead to better outcomes for the team.

Reflections on growth

Reflect on this exercise. How might these insights help you in similar situations in the future?

This exercise has helped me see the value in owning up to my mistakes and working together to prevent future ones. It might reduce stress and improve our work environment.

Therapist's additional notes

Input any insights or further guidance from today's session here.

Rhett, you showed openness to reevaluating your role in team dynamics. Keep reflecting on how shared accountability can lead to personal and professional growth. It also shows that you're a kind person who's willing to improve if you take accountability.

Mental health professional's information

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