

GENERATING ALTERNATIVES

Intrusive thought identified:	Someone is trying to disrupt me
Current explanation for thought:	Couldn't unlock my phone
Current mood associated with this belief	Anger and frustration, disbelief

It can be helpful if we look at all of the possible explanations for this thought. I am aware that you have indicated the belief above as being the main reason for this although if there are any other alternatives for this I would be very keen to understand them.

Explanation for Intrusion	Belief rating (1-100) 1 = this is not the reason I am having this thought 100 = this is definitely the reason I am having this thought	Associated mood
Someone is trying to disrupt me	100%	Anger & Frustration
May be there are electrical problems with the phone	50%	Disbelief
I've forgotten my pin	100%	stupid