

Exercise: GOFAR Analysis Log

WORRY OFF-RAMP · CHAPTER 8

Name _____

Date _____

The GOFAR analysis is not a one-time technique. It is a practice — a skill that gets sharper the more you use it. When you first learn to apply it, it takes conscious effort. With repetition, it begins to happen more automatically, reshaping how your brain evaluates stressful situations before you react to them.

Keeping a GOFAR log serves two purposes:

- ① In the moment, it slows down reactive thinking and helps you apply the five criteria deliberately.
- ② Over time, reviewing your log with your counselor reveals your most persistent dysfunctional thought patterns — the ones most worth targeting in treatment.

You are not expected to perform GOFAR perfectly. The goal is to practice noticing your thoughts as objects you can examine, rather than as facts you must obey.

Step 2: How to complete the GOFAR log

Choose a recent situation that triggered anxiety, worry, or a strong emotional reaction. Then work through each step below. You do not need to use full sentences — brief notes are fine.

Describe the triggering situation in a few words

Write your automatic thought in that moment

Rate your SUD (Subjective Units of Discomfort, 1-10) at the peak

Apply the five GOFAR criteria to your automatic thought:

GOFAR CRITERION	YES	NO	NEUTRAL
G — Does this thought help me reach my goals?	☐	☐	☐
O — Does this thought help me get along with others?	☐	☐	☐
F — Does this thought help me feel the way I want to feel?	☐	☐	☐
A — Does this thought help keep me alive and safe?	☐	☐	☐
R — Is this thought in line with objective reality?	☐	☐	☐

If any question received a “No,” write a functional alternative thought below — one that would receive a “Yes” or “Neutral” across all five criteria:

My functional alternative thought

Rate your SUD after writing the alternative thought

Choose your version for this week:

- Option A — Full log: Complete one GOFAR analysis per day for five days.
- Option B — Short log: Complete one GOFAR analysis every other day for one week.
- Option C — Single entry: Complete just one GOFAR analysis on the situation that bothered you most this week.

My plan

Step 3: Plan for obstacles (complete this before you close the workbook)

Anticipating barriers before they occur is one of the most effective ways to ensure follow-through. Take one minute now:

What might get in the way of doing this? (e.g., "I'll forget," "It will feel forced," "I won't have time")

Likely obstacle

What is the smallest version of this exercise I am still willing to do if that happens?

My backup plan

Doing a single entry on a hard week still counts. The habit of pausing to examine your thinking — even briefly — is the skill you are building.

Step 4: What to look for when you review your log

After completing your entries, review what you wrote before your next session. Notice:

- Which GOFAR criteria do you most often answer “No” to? This may reveal the core pattern of your dysfunctional thinking.
 - Are there recurring triggers (situations, people, times of day) that reliably produce your most distorted automatic thoughts?
 - Does your SUD drop after writing the functional alternative? If so, that is evidence the skill is working.
 - Are there automatic thoughts that are hard to challenge? Bring those to your next session — they are the most valuable material for cognitive restructuring work.
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Step 5: What to bring to your next session

Bring your completed GOFAR log (written or digital) to your next session. Your counselor will use it to:

- Identify which GOFAR criteria you struggle with most consistently.
- Practice developing functional alternative thoughts together for your hardest entries.

- Connect your GOFAR patterns to your exposure hierarchy and ERP targets.

Whatever you find — whether your alternative thoughts feel convincing or not — is useful clinical information. There is no wrong way to do this exercise.
