

# Utility Analysis of Thoughts & Beliefs

WORRY OFF-RAMP · CHAPTER 8

Name \_\_\_\_\_

Date \_\_\_\_\_

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Below is the Utility Analysis of Thoughts & Beliefs as it appears on the International Obsessive Compulsive Disorder Foundation website (Ref 20). Pick a thought or belief from your stress log for this exercise.

## Step 1

Write the thought or belief below:

### Step 1 — my answer

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## Step 2

If you experience this thought/accept this belief, how are you likely to feel (e.g., sad, lonely, angry, frustrated, afraid, guilty)?

### Step 2 — my answer

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## Step 3

When you feel this way, how are you likely to behave?

### Step 3 — my answer

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### Step 4

When you behave this way, what is the likely outcome? List any positive things (e.g., companionship, affection, stimulation, recreation, income) that are less likely to occur and any negative things (rejection, conflict, ill-health) that are more likely to occur because you engage in this behavior:

### Step 4 — my answer

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### Step 5

Are you satisfied with this outcome? Is this outcome consistent with your life goals?

### Step 5 — my answer

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### Step 6

If you answered no, what outcome would you prefer? List the positive things you want to happen and the negative things you want not to happen that you are more likely able to control or influence:

**Step 6 — my answer**

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**Step 7**

How would you need to behave in order to increase the likelihood that this outcome will occur?

**Step 7 — my answer**

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**Step 8**

To make it easier to behave this way, how would you like to feel?

**Step 8 — my answer**

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## Step 9

In order to feel this way, what thought would you need to experience or what belief would you need to accept? [Hint: the most useful answer is not necessarily the opposite of what you wrote in step #1. Useful thoughts and beliefs tend to be balanced and realistic, not simply positive.]

### Step 9 — my answer

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Using the conclusion from step 9, we can go on to develop a cognitive therapy intervention, called cognitive restructuring, to help modify stress reactions to triggers and to the way triggers are perceived.

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