Processing our Thoughts

**Situation**

Date situation happened: \_\_\_\_\_\_\_

What happened that caused you to have these unpleasant emotion(s)? Who? What? When? Where? How?

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**Unhelpful Thought**

What thought went through your mind when this happened?

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How much do you believe this thought? [From 0% to 100%]: \_\_\_\_\_\_\_\_

**Emotions**

What emotion(s) did you feel when you had the unhelpful thought?

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How intense are the emotions overall? [From 0% to 100%]: \_\_\_\_\_\_\_\_

**Check the Thought**

What is the evidence for the unhelpful thought?

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What is the evidence against the unhelpful thought?

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**Thinking Traps**

Were you engaging in any thinking traps? *(Check all that apply, continue to page 3)*

* Jumping to conclusions or predicting the future
* Exaggerating or minimizing a situation (blowing things out of proportion or shrinking their importance inappropriately)
* Ignoring important parts of a situation
* Oversimplifying things as “good-bad” or “right-wrong”
* Overgeneralizing from a single incident (e.g., a negative event is seen as a never-ending pattern)
* Mind reading (assuming people are thinking negatively of you without evidence)
* Emotional reasoning (using your emotions as proof, e.g., "I feel fear, so I must be in danger")
* Should’ing (using words like “should,” “must,” or “ought” that make us feel guilty or like we already failed)
* Personalizing (blaming yourself for something that wasn’t completely your fault)
* Controlling (assuming you have more control over a situation/person than you actually do)

**Alternative Thought**

What is another way to think of this situation? How else can you interpret the event instead of using the unhelpful thought?

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How much do you believe this alternative thought? [From 0% to 100%]: \_\_\_\_\_\_\_\_

**New Emotions**

When you told yourself the old unhelpful thought, you felt emotions. Now, when you tell yourself the alternative thought, what emotion(s) do you feel?

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How intense are the new emotions overall? [From 0% to 100%]: \_\_\_\_\_\_\_\_