

1. Situation/Trigger	2. Emotions
<i>What happened? Who? Where? When? Why? How?</i>	<i>What did you feel? Intensity? What did you notice in your body?</i>
1	2

3. Beliefs	4. Cognitive Distortions
<i>What beliefs do you have about yourself, others, and the situation?</i>	<i>Identify any cognitive distortions? Check all that apply.</i>
3	<ul style="list-style-type: none"> <input type="checkbox"/> All-or-None: Thinking in extremes, there is no in-between. <input type="checkbox"/> Catastrophizing: Jumping to worst case scenarios. <input type="checkbox"/> Discounting positives: Minimizing or ignoring the positives. <input type="checkbox"/> Emotional reasoning: "I feel stupid, therefore I must be stupid." <input type="checkbox"/> Labeling: Putting yourself down. <input type="checkbox"/> Mental filtering: Selectively focusing on negatives. <input type="checkbox"/> Mind reading: Assumptions of others' thoughts or intentions. <input type="checkbox"/> Overgeneralizing: Seeing a single event as a never-ending pattern. <input type="checkbox"/> Personalizing: Blaming self when it was not your fault. <input type="checkbox"/> Should's and Must's: Pressuring self to be certain way.

5. Evidence For	6. Evidence Against
<i>What evidence and/or facts support your beliefs?</i>	<i>What evidence and/or facts go against your beliefs?</i>
5	6

7. Reframe Beliefs	8. Re-Rate Emotions
<i>How can you reframe your beliefs to be more balanced and positive?</i>	<i>How do you feel now? Intensity?</i>
7	8