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| STEP 1Upsetting Event | STEP 2Negative Feelings (0-10) | STEP 3Automatic Thoughts  | STEP 4Cognitive Distortions | Evidence That Supports the Thought | Evidence that *Does Not* Support the Thought | STEP 5 Rational Response  | STEP 6Outcome (0-10) |
| --Notice yourself in a negative mood, stop, & record the situation.--Who were you with?--What were you doing?--When was it?--Where were you? | --What feelings are you having (sad, anxious, etc)?--Rate intensity of each feeling on 0-10 scale.--What’s going on in your body (tension, sweating, etc)? | --What was going through my mind just before I started to feel this way?--What does this mean/say about me? My life? My future?--What’s the worst thing that could happen if true?--What do I fear other people feel(s)/think(s) about me? | --Common errors in our thinking.--E.g., catastrophizing, all-or-none thinking, personalization, selective abstraction, mind reading, etc. | --Write factual evidence to support this conclusion.--Try to avoid mind reading or interpreting facts. | --Ask yourself what is the evidence that the thought is NOT true? | --What is the worst that can happen if it is true? --What’s the most likely outcome?--What would I tell a friend if they were having the same thought?--Is there another way of looking at the situation? | --Based on your rational response, how do you feel about the situation now?--Are your feelings different than before?--Re-rate the intensity of each feeling on a 0-10 scale, as well as any new feelings. |

Adapted from “The Feeling Good Handbook” by David Burns and “Mind Over Mood” by Greenberger & Padesky.