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| STEP 1  Upsetting Event | STEP 2  Negative Feelings  (0-10) | STEP 3  Automatic Thoughts | STEP 4 Cognitive Distortions | Evidence That Supports the Thought | Evidence that *Does Not* Support the Thought | STEP 5  Rational Response | STEP 6  Outcome  (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.