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- 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.