

<p><u>STEP 1</u> Upsetting Event</p>	<p><u>STEP 2</u> Negative Feelings (0-10)</p>	<p><u>STEP 3</u> Automatic Thoughts</p>	<p><u>STEP 4</u> Cognitive Distortions</p>	<p>Evidence That Supports the Thought</p>	<p>Evidence that <i>Does Not</i> Support the Thought</p>	<p><u>STEP 5</u> Rational Response</p>	<p><u>STEP 6</u> Outcome (0-10)</p>
<p>--Notice yourself in a negative mood, stop, & record the situation. --Who were you with? --What were you doing? --When was it? --Where were you?</p>	<p>--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)?</p>	<p>--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?</p>	<p>--Common errors in our thinking. --E.g., catastrophizing, all-or-none thinking, personalization, selective abstraction, mind reading, etc.</p>	<p>--Write factual evidence to support this conclusion. --Try to avoid mind reading or interpreting facts.</p>	<p>--Ask yourself what is the evidence that the thought is NOT true?</p>	<p>--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?</p>	<p>--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.</p>

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