

## COGNITIVE RESTRUCTURING: FEELING DIFFERENT BY THINKING DIFFERENTLY

**Situation:** (Just the facts!)

**Emotion(s):** (What are you feeling? Fearful, anxious, sad, ashamed, hopeless...?)

**Automatic thought:** (What are you saying to yourself, in your head, about the situation? Are there any thinking traps?)

**Evidence for:** (What points to the automatic thought being true?)

**Evidence against:** (What points to the automatic thought being untrue, incomplete, skewed, unfair, or extreme? In what ways is the automatic thought unhelpful to you, or making the situation even worse?)

**More helpful thought:** (What's another way to view the situation, that would be both true and helpful? What would you say to a friend who was in this situation?)