



Correcting Negative Thought Processes

Imagine a recent situation in which you felt very upset. This may have been something having to do with school, or your family, or your friends, or at your job.

1. Write 1-2 sentences describing the event.

2. What feelings are associated with the event- how powerful are these feelings? (What are some possible effects of such feelings, e.g. during an exam?)

3. Write 1-2 thoughts that you were having when you were so upset.

4. Next to each thought, identify whether there are examples of these distortions.

5. Finally, pick a distorted thought and write a rebuttal, attempting to be as accurate as possible.

6. Check the feelings again... any changes?
