Generating Alternative Thoughts

Using your vicious cycle diagram, focus on the thoughts you experienced at the time. Select the thought that was the most upsetting, or that bothered you the most at the time and write it down:

I am noticing that I am having the thought that:

Having noticed the thought, ask yourself these following questions:

***How accurate or fair is this thought?***

***What evidence is there to prove that this thought is true?***

***What evidence goes against this thought?***

***If a friend were thinking this way, would I agree with them? What would I say to them?***

Having asked yourself these questions, write down a more balanced and accurate thought that fits the situation:

A more accurate/balanced way of thinking about this is: