

1. What's happening? (Just the facts)

2. Find and rate your feelings. How do you feel **right now** when you think about that situation?
How strong are your feelings from 0 - 10?
Remember, feelings are just one word.

Feeling	Rating (0 - 10)

Feeling	Rating (0 - 10)

3. Find the thought. What is going through your mind when you think about this situation?
Remember, thoughts are a collection of more than one word.

4. Pick the most unhelpful thought. Which thought causes the most trouble, anxiety or sadness?
If you are feeling stuck, look back at your feelings in question 2. What feeling did you rate the strongest? Pick a thought that matches or feeds that feeling.

5. What evidence do you have that your unhelpful thought is true?

6. What evidence do you have that this thought is not completely true?

7. Create a new balanced thought.

8. Re-rate your feelings. Now that you have worked on your balanced thought, re-rate your mood.

Feeling	Rating (0 - 10)

Feeling	Rating (0 - 10)