

#1: SELF AWARENESS: THOUGHT RECORD

Event	Thought	Feeling	Action

1

#2. Identifying Unhealthy Thoughts :(

Overgeneralizations: Sweeping, global statements based on a single event.
"I bounced a check so I am horrible with money."

Fortune Telling: I know what is going to happen.
"If I try to talk to my wife about this she will freak out."

Mind Reading: Making assumptions about the thoughts or feelings of others.
"She didn't call me because she hates me."

Black and White: All good or all bad.
"I made a typo so the article is total junk."

Emotional Reasoning: Drawing conclusions based on feelings.
"I feel anxious so something bad is about to happen."

Personalization: It's all about you.
"It's all my fault." or "This person did this thing because of me."

Catastrophizing: The worst case scenario is going to happen.
"I got a 'needs improvement' on my review, so I'm going to get fired."

Mental Filtering: Exclusively focusing on negative evidence.
"I always mess up."

Disqualifying Positives: Disregarding non-negative evidence.
"Yes, this good thing happened but it didn't count."

Rules / Shoulds & Musts: This is the only way things can be. Anything else is bad.
"A good mom must make a balanced, home-cooked meal every evening."

Name calling: Verbal abuse towards yourself.
"I didn't have time to make a home cooked meal tonight, so I am a lazy, bad mother."²

healthy thoughts :)

Rational: Thoughts based in ALL the evidence. Exceptions count.

"Just because I got a 'needs improvement' does not mean I'm about to get fired. I can't tell the future."

Growth Mindset: Imperfection is a sign of growth and development.

Effort counts. *"I'm not where I want to be but I'm much better than I was. If I keep working at it I'll continue to improve."*

Compassion: Having empathy for the context of actions / thoughts /

feelings of yourself and others. *"I'm really doing the best I can today, given the circumstances."*

Loving Inner Parent: Supportive, motivating and wise inner voice.

"It's going to be okay. I love you no matter what. Here's how you can do this better next time."

Optimism: Identifying best-case scenario. *"Yes, the plane could crash. And, I*

could also have the most amazing vacation I've ever been on, and have those memories for the rest of my life."

Grey is Good: Accepting that "Sometimes, maybe, both / and" is

more accurate than extreme statements. *"I didn't get invited to the wedding and maybe she doesn't feel as close to me as some of her other friends. That doesn't mean she hates me."*

Flexible: Letting go of "rules" and cultivating preferences. *"I prefer that the*

bed is made first thing in the morning, and I also understand that can't always happen."

Gratitude: Noticing and appreciating what is right and good.

#3. SHIFTING TO HEALTHY THOUGHTS

UNHEALTHY THOUGHT	TYPE	HEALTHY THOUGHT