



Automatic Negative Thoughts (circle and work on the most intense one first)	Accuracy	Before 0-100	After 0-100
1.			
2.			
3.			

[illegible]

- ☐ Predicting the Worst Possible Outcome: Of many outcomes, I only focus on the worst, not the most likely.
- ☐ Blowing Things Way Out of Proportion: I am exaggerating problems and issues way beyond what they deserve.
- ☐ Taking All the Blame for Something Not Totally My Fault.
- ☐ Double Standard: I am holding myself to a higher standard than I would my best friend.
- ☐ Ignoring the Positives: I consistently ignore positive ideas or experiences and only focus on the negative.
- ☐ Absolute Thinking: I am looking at this in all-or-none terms with no shades of gray. The real world is in shades of gray.
- ☐ Fortune Telling: I am guessing that things will turn out badly, regardless of the actual evidence.
- ☐ Name Calling: I am calling myself "stupid" or "a failure" instead of clearly stating what I did wrong or right.
- ☐ Using *Should* Instead of *It Would Be Nice If*: *Should* statements obligate me and others, often without justification.
- ☐ Mind Reading: I think people hate me or judge me as inferior without actually knowing if they do or not.
- ☐ Overgeneralization: I am wrongly viewing one bad event as proof of a never-ending pattern.
- ☐ Other: _____

Revised, accurate, correct, reasonable statement:

How much do I believe it? (rate 0 - 100) _____

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Evidence in Favor	Evidence Against (or ask, "and then what?")

- ☐ **Predicting the Worst Possible Outcome:** Of many outcomes, I only focus on the worst, not the most likely.
- ☐ **Blowing Things Way Out of Proportion:** I am exaggerating problems and issues way beyond what they deserve.
- ☐ **Taking All the Blame:** for something not totally my fault.
- ☐ **Double Standard:** I am holding myself to a higher standard than I would my best friend.
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