

If you have not noticed some distorted thinking in yourself, you know that it can be distressing and difficult to address. The good news is that it is absolutely possible to identify, understand, and correct our faulty ways of thinking, and that's exactly what this worksheet will help you do.

Intensity of Automatic Thought(s)			
Response			
Situation			
Res			
Date/Time			

Instructions:

1. Write down the date and time of the situation.