

Recording negative thoughts

What happened? Describe the event that made you feel bad. It can be a situation, dream, image, conversation, or memory.

How did you feel? Write if you were sad, angry, or scared. Write how strong the feeling was on a scale from 0-100.

What negative thoughts came up? Write the negative thoughts that went through your mind just before you felt bad. Rate from 0 to 100 how strongly you believe in this negative thought.

What is a realistic way to respond to those thoughts? Think of ways to respond to the negative thoughts you were having. Rate from 0 to 100 how strongly you believe in this response.

What was the result? Rate again from 0 to 100 how strongly you **now** believe in the negative thought.



Care you feel good about.

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