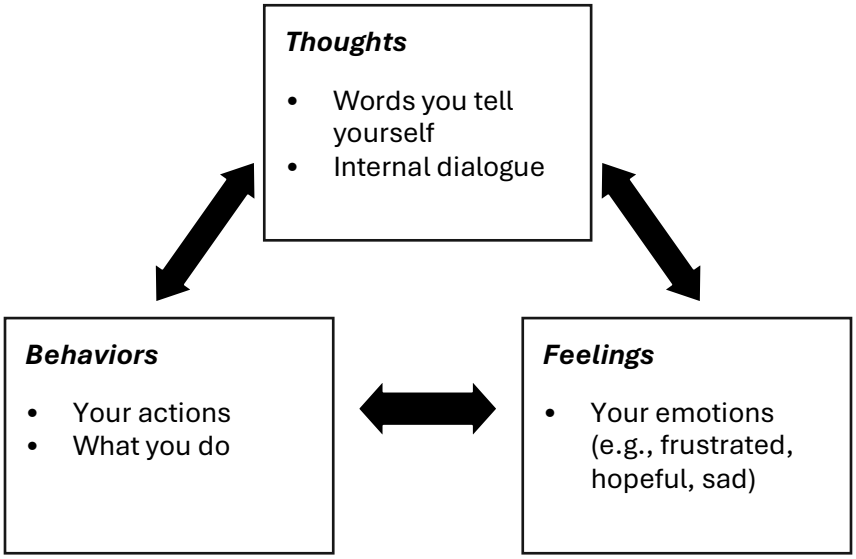
# Changing Your Thinking
# Home Practice

Remember, it's what we *think/tell ourselves* about a situation or event that causes our emotional reaction.

**Situation or event → Thoughts about the situation → Feelings/emotional reaction**



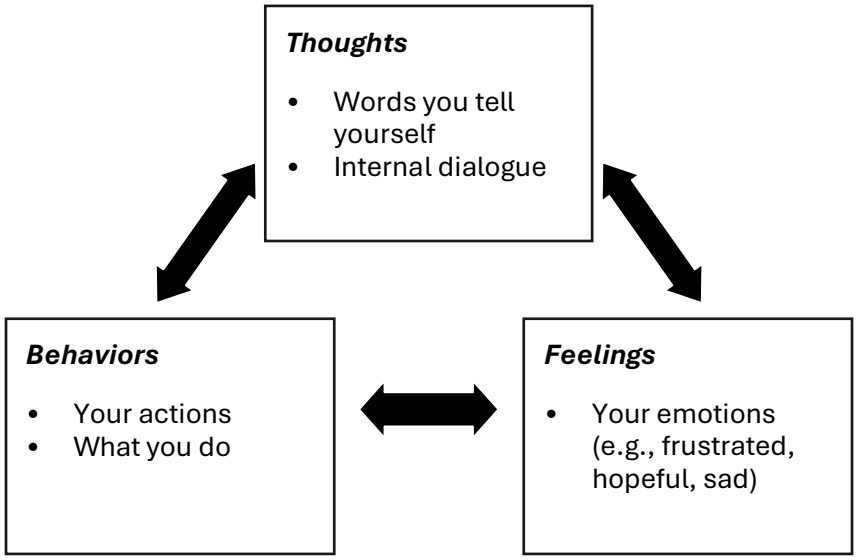

During the week, notice when you are having a negative emotion in response to an event/situation and write it down. Next, record an unhelpful thought you had (what you told yourself about the event). If you wish, you may also record a challenge question or strategy that you could (or did!) use to interrupt the negative thought, and a more helpful alternative thought.

| ***Negative feeling I had*** | ***Unhelpful thought/belief I had (was it a thinking error?)*** | ***Challenge question/strategy I could use*** | ***More helpful alternative thought*** |
|---|---|---|---|
| *Feeling frustrated/guilty after missing a doctor's appointment* | *I'm always forgetting everything! (all-or-nothing thinking)* | *Do I actually <u>always</u> forget <u>everything</u>?* | *I forgot this time, but next time I will set an alarm to remember.* |
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