

CHANGE YOUR THOUGHTS

Certain thoughts can lead to bad feelings but may not be true. Change the thought, improve your mood.

1) NAME AND RATE THE THOUGHT

Write out the Thought(s): *If negative, stinkin' thinkin', self-critical, automatic, distorted or sad/anxious*

RATINGS: how strongly you believe the thought, how strong is the feeling:

How strongly do I believe that thought? 1-10, 10 highest: **BELIEF Strength** _____

What emotion(s) does that thought make me feel? FEELING is: _____ **Strength:** _____

(Name the feeling, rate the strength of it, 1-10, 10 highest)

2) Challenge the thought: Ask these questions, and answer yes or no.

Is it true/accurate? Yes or no _____

Is it helpful? Yes, or no. _____

Why is this thought off base, inaccurate, or unhelpful? If a lawyer challenged it, what would they say?

3) Reframe the thought: How would that thought be expressed in a truthful way, but more accurately?

Reframe #1

Reframe #2

RATINGS: go back to the first thought up top in step 1) -

Rate how much you believe the original thought now.

BELIEF Strength _____ **FEELING Strength** _____

You may want to put the "reframe" on a post it, and keep it by your computer or on bathroom mirror.

Your mind will want to go back to its default position, until you get the new thought established.

Resources to learn more:

Dr. David Burns, [Feeling Good: The New Mood Therapy](#) and [Ten Days to Self-Esteem](#)

The thought changing tool is adapted from the work of Dr. Aaron T. Beck, of Beck Institute.org. His daughter Judith Beck has followed in his footsteps in developing cognitive therapy theory and practice.